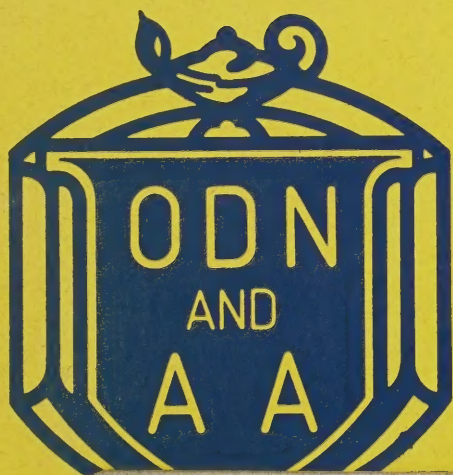




JANUARY — MARCH
1982



RETURN TO BASEMENT

Ontario Dental Nurses & Assistants Association



Digitized by the Internet Archive
in 2026 with funding from
University of Toronto

<https://archive.org/details/31761096294715>

A**MAX HANNA LUCKY DRAW****JANUARY - MARCH 1982**

NAME _____

ADDRESS _____

CITY _____ PROV. _____ POSTAL CODE _____

RESIDENCE PHONE (AREA CODE _____) _____

CERTIFIED MEMBER OF O.D.N. & A.A.: ☐ Yes ☐ No AFFILIATE ASSOCIATION _____

EMPLOYER _____

ADDRESS _____

CITY _____ PROV. _____ POSTAL CODE _____

BUSINESS PHONE (AREA CODE _____) _____

Only Members of the O.D.N. & A.A. can participate in the lucky draw. No other entries will be accepted. Each participant in the lucky draw will only be allowed to win once per year. The Judge's decision will be final.

ENTRIES MUST BE RECEIVED BY MARCH 30, 1982**B****DENTAL ASSISTANT'S AWARENESS WEEK****COMMUNICATION DYNAMICS****LONDON, APRIL 17 and 18, 1982**

NAME _____

ADDRESS _____

AMOUNT \$ _____

Indicate: _____ O.D.N. & A.A. Member _____ Non-Member _____ Student

_____ Doctor _____ Dental Supplier

_____ Group office: Doctor plus # _____ of auxiliaries

Make cheque payable to: Joyce Robinson/In Trust, O.D.N. & A.A.

Receipts will be issued at the registration desk

C**51st CONVENTION — ADVANCE REGISTRATION FORM****MAY 9-12, 1982**

NAME* _____

EMPLOYER'S NAME _____

ADDRESS _____

CITY _____

PROVINCE _____ POSTAL CODE _____

*Note: Please print the name of the person attending, not the Doctor's name

Luncheon: MondayAttending Yes _____ No _____

Dance: Monday EveningAttending Yes _____ No _____

Luncheon: TuesdayAttending Yes _____ No _____

Breakfast: WednesdayAttending Yes _____ No _____

Amount Enclosed \$ _____ Receipt Required: Yes _____ No _____

Name on Receipt _____

Cheques to be made payable to O.D.N. & A.A.

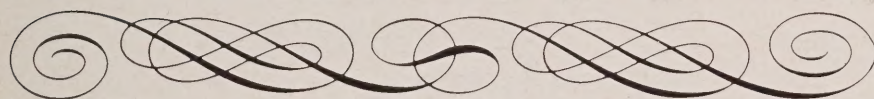
Mrs. Heather A. Nikolaew,
Editor O.D.N. & A.A.,
113 Cathcart Street,
LONDON, Ontario N6C 3M2

Joyce Robinson,
% Victoria Hospital Dental Dept.,
P.O. Box 5375, South Street,
LONDON, Ontario N6A 4G5

Miss Helen Crowe,
6 Victor Street, Upper Apt.,
LONDON, Ontario N6C 1B7

INDEX

2. Editorial
3. President's Message
4. Accreditation Division Announcement
5. Tax Deduction Tips for Dental Assistants
6. Dental Assistant's Awareness Week
7. Letter to the President
- 8-9. Convention Information
10. Tension Management — article
11. Miss World Entry
12. A Personal View of the Preventive Dentistry
in our Schools — article
13. C.D.S.P.I. Life Insurance
14. Board Representatives 1981-82
15. Accreditation Representatives 1981-82
- 16-18. Stress in Dentistry — It Can Kill You!
19. Your Teeth for a Lifetime Foundation — article
20. Ontario Ministry of Labour — reprint from Women's Bureau Newsletter
- 21-25. Affiliated Association News
26. O.D.N. & A.A. Board of Directors Listing 1981-82
27. O.D.N. & A.A. Board of Governors Listing 1981-82
28. O.D.N. & A.A. Principle of Ethics



MAX HANNA LUCKY DRAW — Fill out enclosed blue coupon A.

DEADLINE DATE FOR THE NEXT ISSUE (JAN.-MAR.) — FEB. 20, 1982
(Submitted to the Editor before the above date)

SUBSCRIPTION RATE: \$10.00 per year payable January 1 for non-members. A subscription to the Journal is included with an Ontario Dental Nurses and Assistants Association Membership. The Journal is published four times a year with the deadline date published in the previous issue.

THE OPINIONS EXPRESSED IN THE ARTICLES ARE THOSE OF THE AUTHOR AND DO NOT NECESSARILY REPRESENT THE VIEWS OF THE ONTARIO DENTAL NURSES AND ASSISTANTS ASSOCIATION OR THE EDITOR.

Editor: MRS. HEATHER A. NIKOLAEW
113 Cathcart Street
LONDON, Ontario
N6C 3M2
(519) 679-8208 (Res.)

Printer: HUDDLESTON AND BARNEY LIMITED
P.O. Box 338
WOODSTOCK, Ontario N4S 7X6

Office: O.D.N. & A.A. OFFICE HEADQUARTERS
345 Dixon Road, Suite 406
WESTON, Ontario M9R 1S6
(416) 245-6129 (9 A.M.-4 P.M.; Mon.-Thurs.)

Any inquiries and/or changes regarding Journal publication and Journal mailing — please contact the O.D.N. & A.A. office at the above address.

Ontario Dental Nurses & Assistants Association



EDITORIAL

New Year's Resolutions are great innovations if they are used to improve our lives in some way. It would be my wish that all people can benefit from the coming of a new year as a new beginning. Begin your year with new commitments to your Association and to your Journal. If you have fresh ideas about your Journal please pass them on for consideration. We are always open to change and improvement.

Please turn to our centerfold to meet with the current year's Representatives to the Board and Accreditation Representatives. This is one of the ways that you can become more familiar with the people who represent you at the Board meetings.

Once again, I encourage you to send in your articles for judging in the Journal contest. The winner is chosen in the Spring, when she receives a trophy for her efforts at the Convention during the Wednesday morning breakfast, giving her the recognition she deserves for being an interested member. There is also a special award given to the winner of the Student Journal Contest.

Thank you to the Affiliate Associations for responding to my requests for news material. I would also like to thank all the people who have contributed their time, energy and effort, to ensure that the Journal continues to be interesting and informative. Also to all of you for your efforts in the past year, and I hope that 1982 will stir as much enthusiasm and response as there has been in recent times.

There is an announcement in this issue that informs you of the resignation of our Executive Director, Ann Phippen. By the time you receive this Journal, she will already have left. Ann has been a very dedicated employee for the past eleven years and I personally am going to miss working alongside her, as she was always such a tremendous help when her services were required.

It was decided at a recent Board meeting that the Journal will publish information for Winter Clinic and

Convention in two issues each year. There will be a registration form for Convention in both the January-March issue and the April-June issues, and a Winter Clinic registration form in both the July-September issue and the October-December issues. It is believed that this system of publishing the information and registrations twice will prevent anyone from being late for registration dates for either functions. This system will hopefully allow for earlier planning for both these functions.

I'd like to take a moment to mention the Winter Clinic in November 1981. I was pleased to attend the very successful days of Winter Clinic Student Day and Winter Clinic Day at the Royal York in Toronto. If you have not taken in this special day, which is held for your benefit each year, then you should make plans to do so. My compliments to Nancy Block, the Winter Clinic Chairman, for doing such a good job and to Margaret Deichert, Chairman, Accreditation Division on her equally well planned student day, especially the lovely luncheon held in the Ballroom at the Royal York. The two day event was a prime example of what the O.D.N. & A.A. offers to their members and also an example of the usual professional manner in which they operate.

I was proud to represent the O.D.N. & A.A. at the O.D.H.A. (Ontario Dental Hygienists Association) Board Meeting, which was held in November, at the Sheraton Hotel. This was a welcomed gesture for the O.D.N. & A.A. to be invited to observe, understand and be involved with the workings of the O.D.H.A. Working together within the boundaries of the same profession, it is extremely important to have a liaison between our associations. The O.D.N. & A.A. would like to encourage any further liaisons of this type.

Congratulations to Darlene Leiska of the London Association on winning the 'Max Hanna Lucky Draw' in the July-September issue. Jill Brown of the Toronto Association was our winner for the October-December Lucky Draw. There is an announcement in this issue with further information regarding these winners. **Don't forget to fill out the Lucky Draw Entry to be found on the enclosed blue sheet.**

If you, as an individual, feel that you have an interesting contribution for your Journal, please consider this my personal invitation to write that article that you have been planning to write, whether it be of 'dental' or 'human' interest.

Your Journal Needs You! 

HEATHER A. NIKOLAEW
Editor

UPCOMING JOURNAL DEADLINES FOR 1981 - 82

APRIL-JUNE ISSUE 1982 — FEB. 20, 1982
JULY-SEPT. ISSUE 1982 — MAY 19, 1982
OCT.-DEC. ISSUE 1982 — SEPT. 10, 1982

Any material required to be published in any of the above issues, must be mailed one week before the deadline date so that the Editor has the material in her hands on the deadline date.

THE EDITOR



PRESIDENT'S MESSAGE

The New Year has already become the present and offers to us so many challenges for growth; personally and professionally.

I have been listening, with interest, to members of our profession who are concerned about the over supply of dental personnel in Ontario. There are plans to reduce the number of graduating dentists and hygienists within the next few years in order to bring these numbers into line with the prospected population growth.

What can we do to assist our practice in the difficult times ahead — to remain viable and solvent.

One way that I believe is within our control is patient recall and completion of treatment plans. Only twelve percent of patients complete their treatment. If each patient in our dental practice had just one more visit per year, there would be no over supply problem.

Research has shown that oral cancers make up about six percent of all cancers in Ontario, and that the fatality rate is very low if these cancers are detected and treated in their early stages. How important is it then to recall our edentulous, aged and 'less caries prone' patients while regularly, stressing why these visits are important to their health?

A completed treatment plan can be encouraged by maintaining an understanding attitude towards the patient's fears, beliefs and concerns, consequently making the dental visits more comfortable. Dentistry is a stressful business for us and for them, but by learning to be in control of ourselves when under stress, we can better respond to those around us.

We need continuing education; need close association with other assistants; need the motivation that we get from our conventions and clinic programs.

This year, Convention will be held in Toronto, May 9 - 11. Watch for more information as the Canadian Dental Association and Canadian Dental Hygiene Association plan to meet here in Ontario.

The theme of our Convention is "Unity." Why not encourage your whole dental team to unite and attend together? What a rewarding experience it will be.

My congratulations to the Canadian Dental Nurses and Assistants Association on the occasion of their Silver Anniversary. I wish for the Canadian members, many more years of association on a national level.

I want to encourage any of the O.D.N. & A.A. members who have concerns or questions about our association to write and inquire. I have not visited the local affiliates during my term as President except for a few rare occasions, and I hope that this has not resulted in a break between the local and provincial bodies.

It was with regret that I accepted the resignation of our Executive Director in January. Ann Phippen will be moving to Calgary and I know that Alberta will have one more valuable resource to be proud of. The Executive Director position has been filled on an interim basis until our Board meets to discuss the vacancy. The office staff are willing and capable of taking over many of the office duties that were so capably managed by Ann. My best wishes to her and to all our members for a prosperous and fulfilling New Year. 

CHRISTINE DOW, C.D.A.
President

DENTAL ASSISTANT CAPS

Anyone wanting to buy a cap, please send name, address, a cheque for \$6.00 and a photocopy of membership card with order. If bands required, send a copy of certification renewal card as well.

Certification applicants receive a cap and pin with their certification certificate.

A cheque or money order must accompany all orders, made payable to the Ontario Dental Nurses & Assistants Association, Accreditation Division.

Send orders to: Mrs. Mary Sandzuik,
P.O. Box 1381,
North Bay, Ontario P1B 8K5

DON'T TELL THE EDITOR IF . . .

. . . you change your name or address, it is important that you notify our Executive Director.

Please write to:

O.D.N. & A.A. Office,
345 Dixon Road, Apt. 406,
WESTON, Ontario M9R 1S6

REMEMBER!

DON'T FORGET YOUR POSTAL CODE!!

Making sure that we receive any changes will ensure that you don't miss "The Journal" or any other material from the Association.

Thank you

O.D.N. & A.A. ACCREDITATION DIVISION

IMPORTANT NOTICE

There has been an addition to the regulations with regards to applying for the Ontario Certification Examination.

DENTAL ASSISTANTS WHO HAVE BEEN EMPLOYED FULL-TIME IN A DENTAL OFFICE IN CANADA OR THE UNITED STATES OF AMERICA FOR A PERIOD OF FIVE YEARS OR MORE ARE NOW ELIGIBLE TO APPLY TO SIT THE ONTARIO CERTIFICATION EXAMINATION.

DATE OF NEXT EXAMINATION — SATURDAY, NOVEMBER 13, 1982
DEADLINE DATE FOR APPLICATIONS — SEPTEMBER 15, 1982

NOTICE REQUIREMENTS

The following are now eligible to apply for Certification in Ontario.

1. Graduates of Dental Assisting Program of an Ontario College of Applied Arts and Technology, OR
2. Graduates of a Dental Assisting Program of an Ontario Secondary School upon completion of one year (1800 hours) full-time employment in a dental office or clinic, OR
3. Graduates of a Dental Assistant Program of any other jurisdiction upon successful completion of the Ontario Certification Examination, OR
4. Dental Assistants who have completed five years or more full-time practical experience as a Dental Assistant in a dental office or clinic in Canada or the United States of America, upon successful completion of the Ontario Certification Examination.

REMINDER: Applicants may apply for Certification in Ontario within two years of date of eligibility without further examination.

MISS MARGARET L. DEICHERT, C.D.A.
CHAIRMAN,
O.D.N. & A.A. ACCREDITATION DIVISION

Tax Deduction Tips for Dental Assistants

Since Income Tax time is here again, the following article may be of interest to you.

With the aid of a General Accountant, Ms. Cindy Figus, I have compiled a list of deductions which may help you when you file your income tax claim. These deductions are based on the latest budget report. Those of you who will be filing income tax forms for the first time may find some helpful tips on deductions, and those having filed before, may also find something new as well.

Lorna Akervall

Public Relations Chairman, O.D.N. & A.A.

Tax Deduction: Based on the 1981 Tax Returns

1. Employment Expense Deduction

3% of total employment earnings or \$500 what ever is less

2. Other Allowable Expenses (i.e.: Car Expenses)

Travel to and from work is not allowable

Rules: a) you must pay the expenses

b) no allowances received to cover your expenses

c) you are required to regularly work away from your employer's place of business

— Form T2200 has to be attached to your return — it has to be signed by your employer

— Receipts and records (mileage log) have to be maintained — not filed but available upon request

3. Registered Pension Plan Contributions (R.P.P.)

Registered Retirement Savings Plan Contributions (R.R.S.P.)

Registered Home Ownership Savings Plan Contributions (R.H.O.S.P.)

— interest earned on above plans does not have to be claimed

— R.P.P. shown on T-4 limit of \$3,500 for current services

— R.R.S.P. — 20% of earned income or \$5,500 if you do not have an R.P.P. (\$3,500 if you do)

A 60 day overlap period if you pay your spouse's plan — you can claim deduction but your receipt must list you as the contributor.

— R.H.O.S.P. — \$1,000 annually (\$10,000 maximum in a lifetime)

4. Annual Union, Professional or "Like" Dues

— receipts required

— annual membership dues paid to a professional membership required to maintain a legally recognized professional status

— exclude initiation fees, special assessments, and pension or insurance charges

5. Students

— Tuition Fees — commencing 1982 - restricted to post secondary and vocational courses.

— can only be claimed by *student*

— cost of books and other expenses not claimable

— has to be over \$25 paid to an educational institution in Canada - certification is required, signed by the institution official receipt must be attached.

6. Other Deductions

Carrying Charges —

— Interest on money borrowed to earn investment income, safety deposit box charges, interest charge contained in the monthly payment for savings bonds bought through payroll deductions — i.e.: Canada Savings Bonds — the first year you claim your interest expense.

7. Moving Expenses

— if moving to take new job, your employer can not reimburse you

— new home must be 25 miles closer to new working place i.e.: you must cease working a former location

— if you are changing jobs and you move to a new place at least 25 miles closer to your new work place, you may deduct certain moving costs from your income earned at your new job.

For Students

— you may, upon graduating, claim the cost of moving from college to take a new job.

8. Child Care Expenses

— expenses paid to permit the mother (father in some cases) to work — see schedule 5 (1980)

9. Other Dependants

— equivalent to married exemption for parents, grandparents, sisters, brothers, aunts, uncles (including in-laws)

— person must be single, separated, divorced or widow (er) to claim — (the dependent must be totally supported by you and living with you)

10. New Resident Dependants

— for relatives living outside Canada and dependant on you for support (spouse and children in 1982)

11. Eligible Deductions Transferred from Spouse

— if your spouse has no taxable income, you can claim the unused part of:

a) age exemption

b) pension (1981 only)

c) deduction for persons confined to beds, wheel-chairs, or blind persons

d) education deduction

continued on page 6

O.D.N. & A.A. and the ACCREDITATION DIVISION

Presents a Clinic Week-end in London on April 17 and 18, 1982
to celebrate "DENTAL ASSISTANT'S AWARENESS WEEK"



Jacqueline Dunckel, B.A., L.M.R.C., L.T.C.L., A.R.C.T. Speech Development Consultants Ltd., Calgary

Jacqueline is a communications graduate from Brigham Young University. She holds diplomas in speech from Mount Royal College, Calgary, the University of Toronto Conservatory and Trinity College, London, England.

"COMMUNICATION DYNAMICS"

Projecting the Positive Self Image

- Your Vocal Image
- The "Packaging"
- Office Image
- Your Visual Image
- Telephone Image
- "In the Chair" etc.

Saturday, April 17, 1982 — 9 a.m. to 5 p.m. — Luncheon included

Sunday, April 18, 1982 — 9 a.m. to 11 a.m. then brunch and a Proclamation from the Mayor of London.

O.D.N. & A.A. Members\$35.00

Doctors 65.00

*Group office rate — Dr. \$65 plus

\$25.00 per auxiliary (min. of two)

Auxiliary non-members\$45.00

Students 25.00

Dental Suppliers..... 45.00

PLACE: Ramada Inn, Wellington Road South, London. Room rate of \$42.00 per double available if booked before April 10, 1982

Mail your cheque along with the enclosed blue coupon (B) before April 1, 1982.

TAX DEDUCTIONS — continued from page 5

12. Interest, Dividends Deduction, Capital Gains

- maximum of \$1,000 (amount of investment income if less than \$1,000)
- allowable if you claim interest from Canadian services, dividends from taxable Canadian corporations or Taxable Capital Gains from the sale of Canadian securities - i.e.: (shares, bonds, stocks, - Canadian)

13. Medical Expenses

- receipts have to be attached
- receipts have to be for you, your spouse or your dependants
- you can not be reimbursed for any of these expenses
- 3% of your net income is deducted - if zero or negative, then \$100 is claimed (standard deduction)

14. Charitable Donations

- receipts need be attached
- charities have to be registered
- also includes registered Canadian amateur athletic associations

- receipts must be in your or your spouse's name
- can not exceed 20% of your net income — can carry forward excess for 1 year

15. Federal Political Contributions Tax Credit

- attach official receipts

16. Child Tax Credit

- claimed by the person receiving the Family Allowance (usually mother)
- children have to be under 18

17. Ontario Tax Credits

- Sales Tax — 1% of Total Personal exemptions
- Property Tax Credit — college residence
 - rental payments
 - property taxes

Ontario Political Contributions Tax Credit

18. General Averaging (1982 Forward Averaging Mechanism)

- done by computer automatically - shown an assessment notice
- applies if income rises greatly over the average income of the prior 4 years - i.e.: large increase or start work for first time.



Letter to the President

44 Charles Street West, Apt. 2402,
Toronto, Ontario M4Y 1R7

November 4, 1981

Mrs. C. Dow, C.D.A.
President, O.D.N. & A.A.
1262 Wedgewood Drive,
Sudbury, Ontario P3A 3E2

Dear Mrs. Dow:

In regards to your hypothetical case for Workmen's Compensation, may I give you an actual case history:

On August 1, 1978 at 5:00 p.m. my right foot got caught in the saline ejector tubing which was hanging down to the floor. As I turned around to walk away without having noticed this, I fell to the tile floor hitting my knee. After the initial shock I got up and finished my duties although I was in pain. My boss insisted on taking me to a hospital for x-rays and I agreed as the pain got progressively worse. The x-rays showed a vertical fracture of my right patella. I was hospitalized right away and the doctor assured my boss that I would be completely mobile again within 6 weeks.

On August 2nd I was operated on, they wired my kneecap together and I was put in a cast 6 days later and discharged. When I got home, the first cheque from the Workmen's Compensation Board had arrived - my net salary which I would have received if I had been working.

I then had weekly check-ups at the hospital and after two weeks the cast was removed and a splint put on so that I could walk a little and take a shower. The incision did not heal properly and on September 12 I was re-admitted and put into isolation (single room) followed by another week of blood tests, x-rays and irrigation. All the while, every 2 weeks my cheque from WCB arrived punctually in the full amount I would have received had I worked.

On September 27, after having been at home for 4 days, I was re-admitted and booked for surgery the following day for removal of the wire since I obviously was allergic to it and that had prevented the wound from healing, and again I was put in a cast. In October the pain and the swelling in my knee increased to the extent that I could not walk at all and on the 27th I was again put on complete bed rest. Finally, in January of 1979, I was re-admitted and had surgery once more and the problem was finally corrected. In February 1979 I was able to return to work full time. During all this time when I was either totally unable to work or worked only part time, The Workmen's Compensation Board paid my salary promptly, i.e. half of my regular salary during the times I worked part time. Consequently, I received my full salary during all this time, had no expenses for hospitals, doctors or medication and was well taken care of.

In May of 1980, the WCB asked for a medical report and requested that I be examined by one of their staff doctors. They then acknowledged that I still had and likely always will have some disability due to the injury and they are now paying me a 5% disability pension.

I thought you might be interested in this actual case history. Thanks to the fact that my boss had had the foresight to be insured with Workmen's Compensation, I was able to keep up my standard of living during this trying time. Even if he had hired someone else I would have been able to look for another job while I was recuperating without the additional financial burden.

This shows you how a basically straight forward injury which should take only a relatively short time to heal can turn into a lengthy nightmare with complications. Without the help from Workmen's Compensation I am not sure what the outcome would have been, probably close to a financial disaster.

During the period of my incapacity, WCB paid a total of \$6,700 for me and since that time they have been paying me a small monthly pension which will continue.

This is only one incident and there are many more hazards in a Dental office including allergies and such. For a few cents a week the Assistant could be protected by her employer and isn't she worth it? She surely is!!!

Yours sincerely,
M. DOROTHEA LORENZ

MESSAGE FROM CONVENTION MANAGER



It is with great pleasure and enthusiasm that I extend an invitation to you to attend our 51st Annual Convention.

Once again all arrangements for the O.D.N. & A.A. Convention have been secured for all clinics and social functions to be held at the Holiday Inn (Downtown). As you can see our Chairman, Diane Pike and her committees have arranged a most educational and informative program.

As this is a Joint CDA/ODA Meeting, Mrs. Pike has chosen the theme "Unity" and we not only invite all Dental Assistants from this province but look forward to sharing this meeting with Dental Assistants from all provinces.

Please participate and enjoy.

PATRICIA A. MILLER, C.D.A.
O.D.N. & A.A. Convention Manager

ONTARIO DENTAL NURSES AND ASSISTANTS ASSOCIATION

51st ANNUAL CONVENTION

HOLIDAY INN (DOWNTOWN)
CHESTNUT STREET, TORONTO, ONTARIO
MAY 9 - 12, 1982

PRE-REGISTRATION DUE BEFORE APRIL 23.

It makes planning easier, and assures you tickets for activities.

REGISTRATION FEE FOR O.D.N. & A.A. MEMBERS\$50.00

REGISTRATION FEE FOR NON O.D.N. & A.A. MEMBERS\$65.00

The above fees include admission to all O.D.N. & A.A. sessions: Monday Luncheon; Monday Evening Dance; Tuesday Luncheon; and Wednesday Morning Breakfast (In honour of our president Christine Dow).

ONE DAY REGISTRATION FEE FOR O.D.N. & A.A. MEMBERS\$25.00

ONE DAY REGISTRATION FEE FOR NON O.D.N. & A.A. MEMBERS\$40.00

The above fees include admission to all O.D.N. & A.A. sessions and luncheon for the day registered.

REGISTRATION FEE FOR O.D.N. & A.A. STUDENT MEMBERS — NO FEE IF REGISTERED IN ADVANCE.

REGISTRATION FEE FOR NON-MEMBER STUDENTS\$10.00

Luncheon tickets are not included in Registration Fees but can be purchased separately.

Cheques should be made payable to O.D.N. & A.A.

NOTE: To avoid loss, no registrations or tickets will be mailed. Tickets and badges may be picked up at the O.D.N. & A.A. Pre-Registration Desk.

****NO REFUNDS after May 30, 1982.**

For advance registration, please complete and mail the enclosed registration form (C) to be found on the blue coupon sheet

The following are some of the highlights of the Convention program. The full program will be published in the next issue of the Journal. This information published at this time is done in an effort to assist you in early planning for Convention.

The Editor



ONTARIO DENTAL NURSES AND ASSISTANTS ASSOCIATION 51st ANNUAL CONVENTION

Holiday Inn (Downtown)
89 Chestnut Street,
Toronto, Ontario
May 9, 10, 11, and 12, 1982

MANAGER: Patricia A. Miller, C.D.A.

CHAIRMAN: Diane Pike, P.D.A.

SUNDAY, MAY 9, 1982

9:00 a.m. O.D.N. & A.A. Annual Meeting
to **ELECTION OF 1982 - 1983 EXECUTIVE**
12:00 noon St. Patrick Room, Holiday Inn

2:00 p.m. Registration
to
4:00 p.m.

MONDAY, MAY 10, 1982

8:00 a.m. Registration
to 2nd Floor, Foyer, Holiday Inn
4:00 p.m. Hospitality — St. Andrews Room,
Holiday Inn

9:30 a.m. Dr. Edward Leyton, M.D., C.C.F.P.
to "Holistic Medicine"
10:45 a.m. Commonwealth Room East, Holiday Inn

11:00 a.m. Dr. Edward Leyton, M.D., C.C.F.P.
to "Wailing and Nashing of Teeth"
12:00 noon Commonwealth Room East, Holiday Inn

2:00 p.m. Dr. Mary McEwan, M.B., F.R.C.P. (C)
to "Evolution of the Professional Team"
3:15 p.m. Commonwealth Room East, Holiday Inn

TUESDAY, MAY 11, 1982

8:00 a.m. Registration
to 2nd Floor Foyer, Holiday Inn
3:00 p.m. Hospitality — St. Andrews Room,
Holiday Inn

9:15 a.m. Dr. David Kenny,
to "Dangerous in Bed — Nursing
10:45 a.m. Bottle Syndrome"
Commonwealth Room East, Holiday Inn

11:00 a.m. Susan Evans, B.A. (Hons)
to "Life, Death and the New Biology"
12:15 p.m. Commonwealth Room East, Holiday Inn

WEDNESDAY, MAY 12, 1982

8:30 a.m. "Canadiana Breakfast"
honouring Christine Dow,
President O.D.N. & A.A.
**PRESENTATION OF TROPHIES AND
SPECIAL AWARDS**
Commonwealth Room West, Holiday Inn

*Post-Convention Board Meeting —
immediately following Breakfast.

TENSION MANAGEMENT

By Dr. Ray C. Mulry

Dr. Mulry received his Ph.D. degree from the University of Connecticut. He then accepted a Postdoctoral Fellowship at the Centre for Psychological Studies in Princeton, N.J. He has held faculty positions in the graduate training departments for clinical Psychology at the University of Texas at Austin and Indiana University.

He is currently National Director of Disability Management System and **author of Tension Management and Relaxation: An approach to a balanced way of living**, published by the C.V. Mosby Company.

There is general agreement that stress, tension and Dentistry go hand in hand. While most are aware of the problem, few are able to establish a practical solution. Learning how to manage tension is a partial solution for stressed personalities seeking relief from fatigue, depression, short temper, headaches, low back pain, ulcers, sleeping problems, alcohol and drug abuse and general personal and professional "Burnout."

The Dentist, his staff and even the patient will be affected by unmanaged office tensions. The pressures and strains of a grueling daily routine are the ingredients from which the 'stress monster' is made. The ongoing, demanding, unrelenting routine is, in many respects, the prevailing problem. Alterations in that routine can yield some impressive results. But, before we lunge forward toward some desired, magical, silver bullet solution, let's hasten to add there are few, if any, easy solutions to the problems we have in living. Our stressed life-styles and resultant up-tight personalities take place within the context of well established, not always easy to change, patterns of daily activities. Thus, changes in routines require a little self-discipline, some effort, some commitment to self-improvement and a developing desire to cooperate with others in the frantic pace of modern living.

So, with this challenging agenda in mind, let's proceed with a goal directed approach to the handling of unmanaged tension. First, you can profit from some self-study wherein you learn to identify where stress is coming from in your life. Let's call that, "developing stressor identification skills."

Separating out the events in your life that cause you physical tension from those that do not, simplifies matters considerably. Not everything in life is difficult, and knowing those that are, is a focusing technique useful in all problem solving approaches.

Next, regardless of what it is that is stressing you, you can benefit from a physical relaxation technique that can reduce your physical tensions. Physical exercise, self-hypnosis, meditation, bio-feedback training and relaxation therapy are some of the procedures available to you in this regard.

Next, you have to apply your stressor identification skills and your relaxation skills to the business of living. Behavioral action and behavioral change is basic to an ever advancing solution to your personal concern for unmanaged tension in your daily life.

Finally, learning to cooperate with others who live and work with you will insure greater likelihoods of sought after results. Whether at home or in the office, people will benefit from each other's mutually held goals for balanced, harmonious and relaxed personal and professional life-styles.

There is light at the end of the tunnel. It is not the practice of Dentistry that is dragging you down. It is the failure to cope with the schedule of events called daily routine. Your involvement in the process of coping is the beginning of your solution to a less stressful way of life.



A man with a worried look on his face ran into a drug store and asked the druggist if he knew a way to stop the hiccoughs. Without any warning the druggist slapped him in the face. Amazed and angry, the young man demanded the druggist explain his unusual behaviour.

"Well," said the druggist, "you don't have the hiccoughs now do you?"

"No," answered the young man, "but my wife out in the car still does."

Dentist: "Open wider, please — wider."

Patient: "A-A-A-Ah."

Dentist: (inserting rubber dam, towel and sponge) — "How's your family?"

Author: "Well sir, the upshot of it was that it took me ten years to discover that I had absolutely no talent for writing literature."

Friend: "And you gave it up?"

Author: "Oh, no; by that time I was too famous."

DENTAL HEALTH WEEK 1982

The Kingston & District Dental Society
in co-operation with
Assistants & Hygienists
presents a

"Molar-Thon"

A five mile road race with a 1 mile
Fun Run prior to for children to chase
Murphy the Molar.

Sunday, April 25, 1982 11:00 a.m.
Awards & Prizes in various categories.

Keep this date open;
more information in up-coming issues.

FOR INFORMATION WRITE:

Deborah A. Steacy, R.D.H.
310-20 Bayswater Pl.,
KINGSTON, Ontario
K7M 2C1
RACE DIRECTOR

DENTAL ASSISTANT BECOMES CANADA'S ENTRY IN MISS WORLD CONTEST



Pembroke, Ontario is the home of Earla Stewart, 22 year old dental assistant, who served as Canada's entry in the Miss World Contest on November 12, 1981.

Earla is a current member of the Ottawa Affiliate Association of the O.D.N. & A.A. She graduated from Canadore College in North Bay four years ago and has worked as assistant to Dr. T. C. Ringland since her graduation.

The Miss World contest was the fifth contest of the fairest for Earla and, by her own admission, her last. Earla has plans of marriage for September this year, which would end any chance for further competition.

Miss Stewart won the Harvest Queen crown in the fall of 1977 in Pembroke. In January 1980, she was chosen from a field of ten to be the city's carnival queen. Later that year, she entered the Miss Eastern Ontario Contest in Perth and was chosen as queen from 38 contestants. The Eastern Ontario Crown was her passport to the Miss Canada Contest. In the 1980 Miss World Canada Contest at Lansdowne Park, Ottawa, Earla placed as runner-up, but, since there was no version of the Canadian pageant in 1981, Earla was asked to become Canada's representative.

Earla travelled to Miami, Florida for a week in October 1981 for the swimsuit competition and following that moved on to London, England for two weeks of tours and interviews in preparation for the November 12th contest.

In a newspaper interview with the Ottawa Citizen, prior to her departure for Miami, Earla describes herself as a sports enthusiast, who prefers life in a small town. She said she is looking forward to returning to the quiet life after she has had her shot at the Miss World Crown. "Canada has never had a representative become one of the 15 finalists so I'll do my best," she said.

The pageant will be shown on television in February 1982 and we can view it at that time. We will be able to see Earla do her best as she captures the eighth spot from a total of 67 contestants.



THE PECKING ORDER

THE DENTIST

Leaps tall buildings in a single bound.
Is more powerful than a locomotive.
Is faster than a speeding bullet.
Walks on water.
Gives policy to God.

CHAIRSIDE DENTAL ASSISTANT

Leaps short buildings in a single bound.
Is more powerful than a switch engine.
Is just as fast as a speeding bullet.
Walks on water if sea is calm.

HYGIENIST

Leaps short buildings with a running start and favourable winds.
Is almost as powerful as a switch engine.
Is faster than a speeding BB.
Walks on water in an indoor swimming pool.
Talks with God if special request is approved.

ROVING DENTAL ASSISTANT

Barely clears a quonset hut.
Loses tug-of-war with locomotive.
Can fire a speeding bullet.
Swims well.
Is occasionally addressed by God.

BUILDING OWNERS AND MANAGER

Makes high marks on walls when trying to leap tall buildings.
Is run over by locomotives.
Can sometimes handle a gun without inflicting injury.
Stutters.

CLEANING COMPANY

Runs into buildings.
Recognizes locomotives two out of three times.
Is not issued ammunition.
Can stay afloat with a life-jacket.

RECEPTIONIST

Lifts buildings and walks underneath them.
Kicks locomotives off the tracks.
Catches speeding bullets in her teeth and eats them for lunch.
Freezes water with a single glance.
Is God!!

A PERSONAL VIEW OF THE PREVENTIVE DENTISTRY IN OUR SCHOOLS

By Merial Haggerty
Sarnia, Ontario



"Hey Mom, there goes the 'Tooth Fairy'!" These words came loud and clear from the voice of a little boy as we passed each other in a shopping mall.

I had been teaching less than a week and was quite surprised that I had inherited such a title, one that would be heard echoing in the corridors of the schools in which I teach.

Since January 1981, I have been with the Lambton Health Unit in Sarnia, teaching Preventive Dentistry. Upon graduation in teaching, from Briercrest Bible College in Saskatchewan in 1969, furthest from my mind were: Using my training in Kenya, Africa, in their high schools, dental offices, or dental assistant training. Also in Sarnia in a Health Unit or teaching Preventive Dentistry in Lambton County Schools. Now that these accomplishments are realized, one discovery that has become clear is that, 'Life is fascinating . . . full of the unexpected, and full of challenges!'

During the course of my life time numerous people had told me my teaching ability was a gift, which I found difficult to accept at the time. Further involvement in the teaching profession brought more enjoyment and the satisfaction of experiencing visible results becomes rewarding. Everyone has a gift that they may or may not be aware of and often it takes an interested person or people to make us aware of our gifts. When you stop to think of it, most people are great, aren't they?

Going into 32 elementary schools, Public and Separate, Nursery and Day Care Centres, is proving to be an encouraging and rewarding experience. Teaching children how to keep their teeth for a lifetime through proper nutrition, brushing and flossing, gives me a feeling of deep satisfaction.

Anita Sabatini, a friend and co-worker, has been instrumental in the many innovative changes we have applied to the previous programme, which have made it more stimulating and interesting to the students, and of course, ourselves.

'Murphy the Molar' is the centre of attraction to Kindergarten and Grade One classes. It really is immaterial to these children to have the Preventive Dentistry team come to their classroom, if 'Murphy the Molar' doesn't come along . . . so his attendance is essential!

Films — perhaps a 'dragon movie' for Grade One, a 'real western' for Grade Three and the 'Haunted Mouth' for Grades Five and Six, get Dental Care across to the children and impress upon their minds, the value of teeth coupled with the importance of proper dental care. Singing also plays a part in conveying this important message in a lighthearted way.

I've had opportunity to make slide-tape presentations for Pre-Natal Classes, one on 'Periodontal Disease and Its Prevention' and one on 'Teaching Preventive Dentistry in Schools'. We are available to speak to organizations interested in our work, if anyone so desires.

Included in our teaching is a Dental Survey conducted by our Dental Director, Dr. George Milne, a former employer of mine for 12 years. After an assessment of the child's dental condition, if dental care is required, the child is referred to Dr. Milne. Cards informing parents of needed dental care for their children are sent home. Financial assistance is given where the parents are proven to be financially unable to handle the payment for the dental care, if they are not receiving Provincial or Municipal help. The financial assistance is obtained through Public Donations. Unfortunately, due to lack of funds, not all of those in need are able to be assisted. Preventive Dentistry in Nursing Homes will be a thing of the future, as we hope to go into Nursing Homes to teach the staff how to provide their patients with dental care.

You've just had a look at the career that I believe to be challenging and interesting. We would love to hear about yours!



APRIL - JUNE ISSUE 1982
DEADLINE DATE FOR MATERIAL —
FEBRUARY 20, 1982

MAIL MATERIAL TO:

Mrs. Heather A. Nikolaew
Editor, O.D.N. & A.A. Journal
113 Cathcart Street
LONDON, Ontario N6C 3M2
Phone: (519) 679-8208 (Res.)

Please! All articles must be printed and legible. Double spacing, allows room for editing and corrections. It is helpful if each submission is accompanied by a letter of explanation.

NOTE: When submitting an article, please send two (2) copies in order that one copy may be held on file as a "Journal Contest Entry" and the other copy can be used for editing and submission to the printer.

THE EDITOR



NEW MATERIAL FROM YOUR INSURANCE PROGRAM

A recent mailing to the Dental Profession introduced new material specifically for Auxiliaries and Office Staff. For the first time, a booklet describing what benefits can be obtained by Auxiliaries from the Canadian Dentists' Insurance program has been published.

A kit has been prepared and can be obtained by calling C.D.S.P.I. at 961-7117 if you live in Metro Toronto or call the Toll-Free number 1-800-268-3792 if using long distance.

Included in the kit are the following:

- Brochure describing the benefits
- Pamphlet of General Information
- An application form
- A premium rate table
- Return envelope

The Canadian Dentists' Insurance Program is operated solely for the benefit of eligible members of the Profession.

When in need of insurance, think of **YOUR** Association Program.

WATERLOO TO KEEP FLUORIDATION

Waterloo city voters, by a 313-vote margin, have decided to maintain the 14-year-old practice of adding fluoride to the water supply. The plebiscite showed 6,239 favored fluoridation, while 5,926 voted to discontinue it.

The June vote was forced by a 4,000-signature petition presented to city council by the Waterloo Safe Water Society. The society charged that fluoridation is "mass medication" that it has been linked to cancer, and that it can cause mental retardation.

Big Boost given by Academy

But Dr. Gerard Evans, Waterloo region's Medical Officer of Health, told council that stopping the fluoridation program would result in a dramatic increase in tooth decay. Dr. Richard Beyers, a Waterloo dentist, termed the society's claims "considerable nonsense" and "excessive rhetoric."

A big boost to those favoring continuation of fluoridation was given by the Kitchener-Waterloo Academy of Medicine which voted unanimously to present the following statement:

"Our simple message is that the dentists are saying it works to prevent cavities and we, as doctors are saying, from all the evidence presented, it appears to be safe."

Submitted by:
Lorna Akervall, Thunder Bay Affiliate.

Reprinted from the Canadian Dental Association Journal, September 1981

LORNE PARK GRADUATES

Attention all graduates of the Lorne Park Secondary School Dental Program.

L.P.S.S. will be celebrating its 25th Anniversary on October 22, 23 & 24th, 1982. We are interested in obtaining your name, maiden name if applicable, current address, telephone number, and the year of your graduation.

Would you please contact the school, either by telephone, 1-416-278-6177, or by mail, 1324 Lorne Park Road, Mississauga, Ontario L5H 3B1. When we have this information, your name and address will be placed on a mailing list and all pertinent information will be forwarded to you as it becomes available.

Remember!

Changes of address should be sent to our office at:
345 Dixon Rd., Suite 406
WESTON, Ontario M9R 1S6

ONTARIO DENTAL NURSES

REPRESENTATIVES TO THE BOARD 1981-82



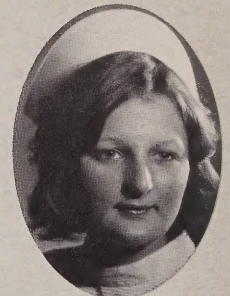
Susanne Moorcroft, P.D.A.
BAY OF QUINTE



Leisa Inch
DURHAM & DISTRICT



Linda Millar-Pratt, P.D.A.
HALTON-PEEL



Lynn Robitaille, P.D.A.
HAMILTON



Bonnie Darling, C.D.A.
KAWARTHA & DISTRICT



JoCarol Watson, P.D.A.
KINGSTON



Maggie Winter
LONDON



Lynne Cecchin, C.D.A.
NIAGARA DISTRICT



Diane Van Elslander, C.D.A.
NORTH BAY



Ute Baldwin, P.D.A.
OTTAWA



Karen Nesbitt, P.D.A.
SARNIA



Beverley Donnelly,
SIMCOE COUNTY



Lorna Akervall,
THUNDER BAY



Lorraine Dunsmuir, P.D.A.
TORONTO



Debbie Dentinger, C.D.A.
WATERLOO-WELLINGTON



Lynn Morris,
WINDSOR

No photo available: Edith Stone, BRANT DISTRICT
Susan Andrews, SUDBURY

E ASSISTANTS ASSOCIATION

ACCREDITATION REPRESENTATIVES 1981-82



Freda Way, C.D.A.
BAY OF QUINTE



Beverley Jacobs, C.D.A.
HALTON-PEEL



Judy McIntyre, C.D.A.
SECRETARY, also HAMILTON



Bonnie Darling, C.D.A.
KAWARTHA & DISTRICT



Faye Ungar, P.D.A.
KINGSTON



Joyce Robinson, C.D.A.
LONDON



Anne Montgomery, C.D.A.
NIAGARA DISTRICT



Bev Legris, P.D.A.
NORTH BAY



Susan Doggett, C.D.A.
OTTAWA



Elsie Gallop, C.D.A.
SARNIA



Beverley Donnelly
SIMCOE COUNTY



Deborah S. Smith-Marier, C.D.A.
SUDBURY



Esther Reith, C.D.A.
THUNDER BAY



Ellen M. Knudsen, P.D.A.
TORONTO



Beth Kennedy, C.D.A.
WATERLOO-WELLINGTON



Lynn Morris,
WINDSOR

No photo available: Maria Saroka, BRANT DISTRICT
Laurie Beaton, DURHAM & DISTRICT

Stress in dentistry — It can kill you!

*"The dental profession in North America loses the numerical equivalent of one large dental school class each year through suicides."*¹⁵

Randy Lang, D.D.S., D. Ortho.

Recent studies reported in the dental literature confirm that dentists are subject to a wide variety of stress-related physical and emotional problems.

These problems include an alarmingly high incidence of cardiovascular disease, ulcers, colitis, hypertension, lower back pain, eye strain, marital disharmony, alcoholism, drug addiction, mental depression and suicide.^{1,2,5,6,7,8,9,10,12,13,20,22}

STUDIES AND STATISTICS

Some of the recent findings of the ill effects of stress upon dentists follow:

- Stress now prevails over all other diseases as the greatest threat to dentists' health and well-being.⁹
- Chronic exposure to stress has a serious impact on physical and mental health and can shorten life.
- Emotional illness ranks third in order of frequency of health problems amongst dentists, while in the general population it ranks tenth.¹³
- Coronary disease and high blood pressure are over 25% more prevalent among dentists than in the general population.¹⁶
- Dentists suffer psycho-neurotic disorders at a rate of 2½ times greater than physicians.¹⁵
- The California Dental Association has had to establish a "Hotline Referral Service" for its members. It provides confidential counseling by telephone for dentists' problems of alcoholism, drug dependency and mental illness.¹⁴
- 7 out of 10 dentists will die of stress-related cardiovascular disease.²¹
- Dentists have the *highest* rate of suicide of *all* occupational groups.^{2,12,20}
- The suicide rate of dentists is more than twice the rate of the general population and is almost three times higher than that of other white collar workers.²
- Six Ontario dentists killed themselves in 1976.¹¹

CAUSES OF STRESS

Why is our profession so prone to stress-related physical, mental and social problems? Let's examine some of the causes of stress in a dental practice:

Confinement

The average dentist spends most of his life confined to a small 7 ft. by 9 ft. operator, which is smaller than the cells in most penal institutions. The work is intricate and meticulous and is performed in a restricted workfield. Dentistry is physically and mentally taxing and postural defects, eye strain, back troubles, muscular spasms, circulatory disorders and fatigue are common.⁴ It is relatively easy over a period of time for a dentist to become physically and emotionally "burnt out."⁶

Isolation

Most dentists practise alone. Consequently, they do not have the opportunity to share problems the way other professional groups do and to relieve stress

through peer reinforcement.¹⁰

The problem of isolation is compounded by the fact that dentists tend to be competitive with one another. This trait is unfortunately a by-product of our competitive dental school training. It is reinforced after graduation by the competition created by the oversupply of dentists that now exists in most provinces.

Unfortunately, the problems of isolation and competition preclude development of close friendships with colleagues who could give mutual support and solutions to the many stress producing problems that exist in private practice.

According to Dr. William Forrest,¹⁰ "If environmental support and friendships are lacking, and this is coupled with stress-related problems at home, the dentist may be taxed beyond coping. This may lead to an overwhelming sense of hopelessness and profound depression."

Stress of perfection

The relentless pursuit of perfection and permanence in an imperfect health environment is a major cause of stress and frustration in dentistry. This stress of perfection is instilled in dental school; however, it must be tempered with the realization that there is a certain built-in futility to dental treatment.

Man's dentition is not static. The most perfect procedure can be rendered imperfect by time and patient neglect, despite the best efforts of the dentist. Yet many practitioners lose sight of the difference between striving for perfection and actually attaining it, and they end up feeling discouraged and depressed.^{10,13}

Economic pressures

During the early part of his career, the typical dentist is paying off loans taken to cover the cost of dental school and setting up a private practice. The cost of setting up a modern dental office is approaching \$100,000 and financing rates are over 20%. The cost of dental supplies, office overhead and the cost of living are rising faster than dental fees in all provinces. Consequently, dentists must work harder and longer hours just to "stay afloat" and maintain their current standard of living.

Economic pressures force many dentists to work through most of their lunch, an hour that could be the single most important period of the work day. Instead of using the time to get proper nourishment and essential rest or exercise, he is tempted to accommodate an additional patient or two. This inevitably leaves the dentist exhausted when he is home with his family.¹⁰

Another contributing factor to the economic stress of practice is that dentists soon realize that they literally cannot afford to be sick. When a dentist is absent from the office, his income stops dead but his high office expenses continue.

Compromise treatment

A dentist spends four years in dental school learning

perfection and "ideal" treatment for his future patients. Yet the realities of private practice are that many patients, due to economic restraints or low appreciation of dental care, will not accept "ideal" treatment plans. The result is that the dentist is continually forced to compromise his treatment and is frustrated in not being able to reach his treatment goals.

The dentist may find himself operating a "fix-and-repair" business, providing emergency treatment for patients who refuse the full spectrum of care, and then end up carrying the responsibility for less than ideal results. Despite his best efforts, patients may also neglect their mouths. If the dentist starts to view his patients' failures as his own, he assumes an additional, unnecessary burden.¹⁰

Patient anxiety

"The psychological stress of working with apprehensive and fearful patients can be devastating to the dental practitioner."¹⁰ There is now evidence that dentists experience patterns of physiologic stress responses (increased heart rate, sweating, etc.) that parallel the patients' responses when performing dental procedures that evoke patient anxiety.¹⁷

To be continually met with patient apprehension and even hostility is particularly agonizing for young dentists because they enter their professions with the hopes of helping others. Not until they are in practice do they learn how frustrating it can be.¹⁰

As psychologist Dr. Sidney Gitlin concludes, "The stress of having to hurt patients while trying to help them leads many dentists to mental instability, frustration and early heart attacks."²²

Dentist's personality

Researchers are finding that many personality traits that characterize a good dentist are also traits that predispose to depression. Among such traits are (1) compulsive attention to details, (2) extreme conscientiousness, (3) careful control of emotions, (4) unrealistic expectations of himself and others (i.e. employees and patients), and (5) a marked dependence on individual performance and individual prestige.²

According to Forrest,¹⁰ the traditional dental student selection process itself has unwittingly contributed to the problem. Schools frequently select candidates with an "obsessive-compulsive" life style. Such a life style, despite its productive advantages, carries with it, a proneness to depression in mid-life, possible drug and alcohol abuse, and the attendant risk of suicide.

Lack of exercise

In an 11-year study of dentists, Dr. T. Cureton⁷ reported that dentists are below average in most physical tests and above average in none. He concluded that dentists do not exercise enough to prevent progressive deterioration of connective tissue, capillaries, muscles and circulation in general.

At the Pankey Institute in Miami, Dr. Melvyn Steinberg evaluated the health of 2,400 dentists. He found that the dentist's life was characterized by Dormancy, Degeneration and Stress. (D.D.S.) He also reported that 45% of dentists would not go into the profession if they had to do it again.²¹

Anxiety over external threats

So far this year, every Provincial, State and National dental journal in North America has published a report of some impending change in our profession over which we seem to have little or no control. These changes are



Dr. Lang is the Orthodontic Consultant to the Editorial Board of Oral Health. In addition to maintaining his private practice in Mississauga, he is a member of the Orthodontic teaching staff of the University of Toronto Faculty of Dentistry, and a past President of the Ontario Society of Orthodontists.

perceived as threats by most dentists and are a constant cause of concern and stress.

These are some of the impending changes currently facing dentists:

1. Growing government involvement.
2. Peer review.
3. Mandatory continuing education.
4. Expanding third-party involvement.
5. Increased malpractice litigation.
6. Excessive manpower.
7. Advertising
8. Department store dentistry.
9. Capitation.
10. Closed panel practices.
11. Franchising, Branching and Network.

MANAGING STRESS

Stress can never be totally eliminated from dental practice. However, it must be minimized as much as possible in order to avoid the many stress-related physical and emotional problems that it causes.

The key to managing stress successfully is to first recognize and understand its causes. Once the causes have been identified and understood, preventive steps can be taken.

Some of the preventive measures that could minimize the stress of dental practice are as follows:

- Improving the working environment at the office.
- Becoming less isolated and sharing problems with fellow practitioners.
- Working more sensible hours and taking time each day for a leisurely lunch break.
- Taking holidays whenever the pressures of practice start to build.
- Learning how to better handle patient anxiety and hostility.
- Adopting a program of regular exercise.
- Most important, being kinder to yourself and less critical and demanding of your efforts.

Courses on managing stress should be made available to all dentists and should also be included in the dental curriculum at our dental schools.

As Dr. Earl Blatt asked at the annual meeting of the American Association of Dental Editors, "If ninety-nine percent of dental courses are devoted to the patient's welfare, couldn't just one percent be devoted to the welfare of the dentist?"

Perhaps the most important preventive measure of all is for the dentist to develop a balanced life style and treat himself as an integrated person. This feeling was summed up by Dr. Frank Hladky, Director of the Tulsa (Oklahoma) Psychiatric Center, in an interview in the March 1977 issue of Dental Economics. He said, "When the dentist becomes physically fit, stimulates his intellect and improves and widens his relationships, he will begin to feel he has value as a human being, not just a dentist. He must stop seeing and using himself as a machine, as only an instrument of service to mankind, or he will continue to face untold physical and mental ailments."¹⁰

References

1. ADA Bureau of Public Information News Release. Temple University School of Dentistry Study of dentist suicide rates, Jan. 31, 1977.
2. Blachly, P.H., Osterud, H.T., and Josslin, R. Suicide in professional groups. New Engl. J. Med., 268:1278-1282, 1963.
3. Bureau of Economic Research and Statistics. Mortality of dentists, 1968 to 1972. J.A.D.A., 90:195-198, 1975.
4. Campbell, M.J.A., Coillet, K.R. Fary, W.E., et al. An activity survey of dentists. Aust. Dent. J., 16:22-24, 1971.
5. Christen, A.G. Is there a better way to say it? Northwest Dent. 55:4-6, 1976.
6. Cooper, K.H., and Christen, A.G. Dentist, "Heal thyself": Modification of life style. D.C.N.A., Vol 22, No. 3, July 1978.
7. Cureton, T.K. Health and physical fitness test of dentists. J. Dent. Med., 16:211-221, 1961.
8. Currents Information Systems, Inc. Occupational hazards of dentistry: Speculations on dentists, stress and suicide. Dental Currents, 8, 1-4, 1977.
9. Djerassi, E. Some problems of the occupational diseases of dentists. Int. Dent., 21:252-256, 1971.
10. Forrest, W.R. Stress and self-destructive behaviors of dentists. D.C.N.A., Vol 22, No. 3, July 1978.
11. Cuccione, L. If dentistry is hard on your nerves. The Financial Post Magazine, April 1979.
12. Green, D. Unsafe at any speed. Dental Management, 15, 27, 1975.
13. Hermanson, P.C. Dentistry: (a hazardous profession). Dental Student, 50, 60, 1971.
14. Hotline Referral Service, California Dental Association, Los Angeles, California. Telephone (213) 776-4292.
15. Kenney, Dr. Charles, H. Report presented to the 1975 Annual Meeting of the American Public Health Association.
16. Nielsen, N., and Polakoff, P. It hurts the dentist too. Job Safety and Health, 3:21-25, 1975.
17. Occupational hazards of dentistry: speculations on dentists, stress and suicide. Dental Currents, Vol. 8, Issue 2, Jan. 1977.
18. Rose, K., and Rosow, I. Physicians who kill themselves. Arch. Gen. Psychiatry, 29:800-805, 1973.
19. Selye, H. Secret of coping with stress. U.S. News and World Report, Mar. 21, 1977, pp. 51-53.
20. Simpson, J.C. Dentists grow richer but feel the pressure: suicide rate is high. Wall Street Journal, Dec. 17, 1976.
21. Steinberg, M.A. The downhill race: Are you winning or losing? Read before the Chicago Dental Society, February 1977.
22. Sword, R.O. Stress and suicide among dentists (two-part series). Dent. Surv., Mar. 1977, pp. 12-18, and Apr. 1977, pp. 10-16.

— Reprinted from the September Issue of Oral Health 1981 —

To the Members of the O.D.N. & A.A.

I would like to take this opportunity to say "Farewell" to all the dental assistants I have met personally and 'over the telephone' during my employment as Executive Director of the O.D.N. & A.A. As my husband and I are planning to move to Western Canada early in the new year, it has been necessary to submit my resignation.

My special thanks to the O.D.N. & A.A. Executives and Accreditation Division Executives as well as the Boards of Directors and Governors for their patience and understanding over the past eleven years.

To all members, my Best Wishes for a happy and successful 1982 and future years.

ANN PHIPPEN



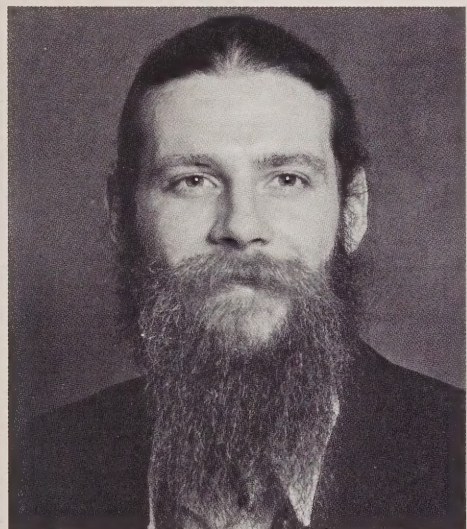
"Memoriam" "Hamilton Association"

It is with deep regret that I make this announcement about our past president Gail Scriber. On Sunday November 8, 1981 Gail was fatally injured in an automobile accident on Highway 403. To her mother, husband and son we send our deepest sympathy. I'm sure that the Hamilton affiliate will feel the loss of a very dedicated member who served us well in her two years as president.

INTRODUCING: YOUR TEETH FOR A LIFETIME FOUNDATION

Submitted by Lorna Akervall, Thunder Bay, O.D.N. & A.A., Public Relations Chairman (1981)

Founder: Dr. Wm. Hettenhausen



Dr. William Hettenhausen

Dr. William Hettenhausen was born and raised in Thunder Bay, Ontario. After graduating from the University of Toronto in 1972 with his Doctor of Dental Surgery, he practiced general dentistry for 3 years in a four dentist associateship. His motivation to become a dentist stemmed partially from the fact that his father, Dr. K. Hettenhausen was a dentist before him.

After practicing general dentistry, Dr. Bill Hettenhausen embarked on an extensive 9 month work-holiday to India and Sir Lanka (Ceylon), where he visited various dental schools and clinics studying the primitive diet vs. oral health and alternate approaches to health maintenance. It was during this time away that he decided to venture into an area of dentistry that strongly concerned and interested him — Preventative Dentistry. Since 1975 prevention has been Dr. Hettenhausen's sole practice.

Tied in with Dr. Hettenhausen's large interest and enthusiasm for prevention was a dream that eventually became a reality for him. Y.T.F.L. (Your Teeth for a Lifetime Foundation) was established. The foundation idea was with him in 1975, but was set up in 1978, and was granted Corporate Status in April of 1980.

The foundation's main purpose is to communicate positive health values to the public and the profession through the publication and distribution of patient education booklets, materials, and services. The foundation strives to increase public exposure to the practical nature of preventative dentistry as applied to their future dental needs, as well as to help the professional to educate people in this regard.

Y.T.F.L. lecture and slide presentations have been presented to more than 2,200 private patients, and more than 100 groups and organizations. Currently inservice training programs for dental offices (including all support staff) are being developed, and audio-visual programs should be made available in the near future.

"Generating Health in the Oral Environment" is the title of Dr. Hettenhausen's current continuing education course. Over 60 intra-oral slides are accompanied by an in-depth lecture on the practical nature of clinical prevention as it applies to generating health. Dr. Hettenhausen's practice is limited strictly to diagnosis, consultation, teaching primary prevention, nutrition and diet analysis, as well as coordinating the Preventative Department of the Thunder Bay Dental Centre. (5 dentists, 4 hygienists, and an orthodontist.)

Besides the background that I have mentioned earlier, Dr. Hettenhausen has a number of other credits to his name. Prior to obtaining his D.D.S., he was a one year Honour Science graduate at York University. He was the holder of the "Hugh Alexander Hoskin Award" for highest standing in Oral Diagnosis. He was awarded the Canadian Oral Prophylaxis Gold Medal. He is Founding Officer and Executive Director of Y.T.F.L. and has researched, developed, illustrated, published, and distributed Y.T.F.L. Booklets and Kits.

His interests are many — "Nutrition" being his favourite because of it's strong link with "Preventative Dentistry". His job keeps him very busy but he still finds time to read, swim, and cross country ski.

At the young age of 33, Dr. Hettenhausen is truly a "very interesting person!"

For further information for membership in Y.T.F.L. contact:

YOUR TEETH FOR A LIFETIME
Preventive Dentistry Foundation
P.O. Box 2631
Thunder Bay, Ontario P7B 5G2

ATTENTION PREVENTIVE DENTAL ASSISTANTS

Due to name changes and address changes the O.D.N. & A.A. and the Royal College of Dental Surgeons have lost touch with a large number of Preventive Dental Assistants.

In order for the O.D.N. & A.A. to re-establish contact with you, please send to me any changes in information since you have become a P.D.A. or since the last notice that appeared in the O.D.N. & A.A. Journal, Fall 1980

(Mrs.) Faye Ungar, P.D.A.
686 High Gate Park Drive
Kingston, Ontario K7M 5Z9

Ontario Ministry of Labour

Sexual Harassment and the Law

Sexual harassment on the job is a form of sex discrimination. It is a violation of sections 4(1)b and 4(1)g of the Ontario Human Rights Code which cover dismissal or refusal to 'employ or to continue to employ any person' because of sex, and discrimination 'against any employee with regard to any term or condition of employment' because of sex.

The Ontario Human Rights Commission regularly accepts and investigates complaints of sexual harassment in the workplace. Since 1976, when the commission first began accepting sexual harassment complaints, well over 200 have been filed. During the 1980-81 fiscal year alone, 21 cases of sexual harassment were settled with corrective action being agreed upon by the respondent, offers of reinstatement made or financial compensation provided. Nine complainants received a total of \$13,622 in compensation for salaries lost and for damages.

A number of surveys, however, conclude that the majority of women do not report the incident and that the problem is more serious than statistics indicate. Many women do not know their rights, are unaware of recourse that is available to them, or, due to fear, are reluctant to press the issue.

In November 1980, a government bill 'to revise and extend Protection of Human Rights in Ontario' was introduced in the legislature. The bill was reintroduced on April 24, 1981, following the election. Bill 7, as it is called, makes explicit reference to sexual harassment and prohibits its practice in employment and accommodation. It is expected that Bill 7 will be passed and will become law some time within the next year.

What Can Be Done about Sexual Harassment

Sexual harassment in the workplace should not be ignored in the hope that it will disappear. It should be treated neither as a joke nor as an accident. Experience shows that sexual harassment will only intensify if it is ignored or shrugged off. Women should not internalize the guilt, or blame themselves.

If you are sexually harassed, your response should be immediate and direct; indicate clearly that the behaviour or remark is not acceptable to you. It may be that a clear, firm, good-natured response will suffice. Given that you probably will have to continue working with the individual, be careful, at first, not to over-react. The intensity of your reaction should depend on the situation.

No matter what approach you use, however, your rejection of the advance should be firm so that there is no misunderstanding of your meaning. The harasser may have to be warned that any repetition will be reported to someone in authority.

In all cases, start documenting a record of the offender's name, the places, dates and times of the occurrences and the details of the behaviour you consider offensive. This documentation will prove useful if you ever have to file a complaint.

Because each occurrence of sexual harassment is different, and because the individuals involved are different, what may be an appropriate action for someone else may not be the right action for you.

It is important to place some distance between your actions and your emotions. Try to plan your responses in advance. Knowledge of the law and what recourse is available should be of help.

Listed below are some options to consider:

- 1) If the advances are repeated, report the harassment to senior management or to your personnel department. Write a follow-up memo and keep a copy for yourself.
- 2) If you are unionized, report the incident to your union or association representative.
- 3) If there is an affirmative action or equal opportunity program at your place of work, report the incident(s) to its representative.
- 4) Seek the support of other women in the workplace, some of whom may have had a similar experience. Co-workers, when alerted, may be more apt to keep their eyes open for any peculiar activity. There is strength in numbers!
- 5) If the harassment persists, consider writing an official letter to the harasser or have a lawyer write one for you, indicating you will take legal action if the harassment continues. Retain a copy of all correspondence.
- 6) If none of your attempts to rectify the situation works, be aware of the fact that there is legal recourse available. Depending on the circumstances, consider bringing charges under civil or criminal law.
- 7) If you are fired or your conditions of employment are adversely affected, contact your nearest regional office of the Ontario Human Rights Commission and discuss filing a complaint.
- 8) If you believe that you have been sexually harassed and wish to discuss the problem in complete confidence, contact the Women's Bureau of the Ontario Ministry of Labour. The services of both the Women's Bureau and the Ontario Human Rights Commission are free of charge. ■

... reprinted from Women's Bureau Newsletter, August 1981

FOR THE RECORD

Basic Statistics

In Ontario in 1980:

- There were 1,818,000 women in the labour force
- The female participation rate was 54.3 per cent.
- 41.6 per cent of all workers were women.
- The unemployment rate of women was 7.7 per cent; of men 6.2 per cent.

Marital Status

- There were 1,104,000 married women in the Ontario labour force in 1980; 511,000 women were single; and 202,000 women were divorced or widowed.
- The participation rate of married women was 53.5 per cent; single women 66.8 per cent; and divorced or widowed women 39.1 per cent.

Education

- 58 per cent of the women in the Ontario labour force in 1980 had a high school education, 8.9 per cent had some post-secondary education; 12.7 per cent had a post-secondary certificate or diploma; 9 per cent had a university degree. Only 11.3 per cent of the women in the labour force had less than a grade 9 education.

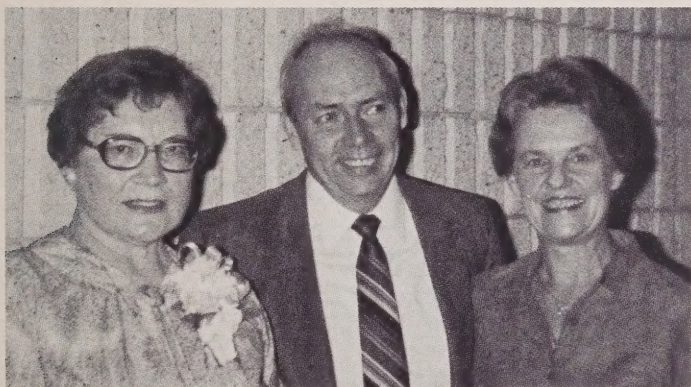
reprinted from Women's Bureau Newsletter, Aug. 1981
Ontario Ministry of Labour

AFFILIATED ASSOCIATION NEWS

PAST EVENTS

BAY OF QUINTE

October — On October 20, 1981 the Bay of Quinte Dental Nurses held their business meeting. There was a discussion about the recent executive meetings in Toronto. Ways and Means convenor, Miss Emily Paslosky held three draws to help finance our social get togethers. Our guest speaker for the evening was Mr. Graham Rignall, from Johnson and Johnson who discussed 'Pit and Fissure Sealants'. He was introduced by our Denco representative Mr. Earl Parry.



Miss Emily Paslosky (left) with Dr. and Mrs. J. Letersky

November — November 17, 1981 was a special occasion for the Bay of Quinte Dental Nurses and for one assistant in particular. It marked the twenty-fifth anniversary of Miss Emily Paslosky's employment and service to dentistry with Dr. John Letersky of Belleville. An evening dinner and social at the Bay of Quinte Country Club included special guests, Dr. & Mrs. John Letersky, Mr. Earl Parry of Denco, Mr. Fraser McTavish of National Refining Co., Miss Dorothy George, Belleville, and Miss Velma Wallace, Kingston. Comments and anecdotes from the guests referring to her twenty-five years of service kept the girls in a light hearted mood. Several gifts and presentations were made, concluding a most enjoyable evening.

NANCY CHAPMAN

HALTON-PEEL

September — The September meeting was addressed by Dr. Howard Rockett on the topic "Retail Dentistry". With the opening of a number of dental clinics in shopping centres in the Halton-Peel region Dr. Rockett's discussion was very topical.

November — The November meeting was a joint dinner meeting with the Toronto-West Dental Hygienists' Association at the newly opened Bramalea Holiday Inn. Our guest speaker was Dr. Barlow who provided us with a small share of his great knowledge in the field of radiology. The Halton-Peel Dental Nurses and Assistants Association was pleased to have as guests at the meeting Dorothy Lorenz, and Lorraine Dunsmuir, President and Board Representative respectively, of the Toronto Dental Nurses and Assistants Association.

December — Dr. M. Rosso, Prosthodontist, presented an audio-visual discussion on his field of practice. Dr. Rosso's presentation was originally intended for our meeting in October but due to unforeseen circumstances had to be post-poned at the last moment. The Halton-Peel Dental Nurses and Assistants Association expresses its great appreciation to Dr. Rosso for his co-operation in the re-scheduling of his informative lecture.

LINDA MILLAR-PRATT
Board Representative

HAMILTON

Our first meeting was held jointly with the Hamilton dentists on September 17, 1981 at McMaster Medical Centre. The topic of micro photography was very interesting as covered by Dr. Aubrey Crich.

October 20, 1981 was an extremely interesting meeting held at the Hillcrest Restaurant with Dr. G.E. Burgman covering the topic of forensic dentistry.

The third Hamilton dinner meeting was held on November 10, 1981 at the Hillcrest with Dr. Arlene Degas of Sick Kids Hospital of Toronto giving a very informative slide lecture on orthognathic surgery. Our hygienist affiliates from Hamilton enjoyed the evening with our association.

The Hamilton Christmas meeting will be held at Caesar's super theatre club. This evening was an invitation extended by the hygienist association to our girls for festive celebrations.

LYNN ROBITAILLE, P.D.A.
Board Representative

LONDON

September 15, 1981 — Holiday Inn Wellington Road — Our "Pool and Punch Party" sponsored by Denco was enjoyed by all who attended. Dr. A. J. Harris' speech and slides on "Surgical Exposure for Orthodontic Reasons" was an informative experience as well as a pleasant one.

October 20, 1981 — Busby Room, Victoria Hospital — Our topic this evening was presented by Mr. Ken Tallack who owns and manages London's Martial Fitness Centre. "Self Defense for Women" enlightened all of us and made us more aware of unpleasant situations, and how to more ably handle ourselves, should we ever encounter something of this nature.

November 10, 1981 — Latin Quarter on Maple Street (Coach Room) — We enjoyed a delightful dinner together followed by a very good lecture from Dr. Doug Awde who is a Periodontist at the University of Western Ontario. His subject was on Submarginal Grafts and their purpose.

December 8, 1981 — Healthco, on Bessemer Road — The annual "Wine and Cheese Party" was given by the gentlemen of Healthco and was a big success as it always is.

Mr. Bill Lind gave us an evening's entertainment and lecture all at the same time. Our subject was 4-handed dentistry. Clothing in various sizes for the children in the Merrymount Home were donated by the dental assistants at this same get together.

MAGGIE WINTER
Board Representative

OTTAWA

September 1981 — A dinner meeting was held at the Embassy West Motor Hotel. The guest speaker was Dr. V. Chatwin, who was very witty and interesting.

October 1981 — The monthly meeting was held at Algonquin College and Lynn Kaye was the guest speaker. Lynn is a lawyer and gave an informative talk on women's legal rights in the dental office.

November 1981 — A dinner meeting was held at the Chimo Inn, during which a discussion was held on meeting times, days, frequency, and choice of speakers.

December 1981 — It was decided not to have a December meeting due to the office parties, shopping, and other demanding activities of the Christmas season.

MAUREEN E. LOCHERER, P.D.A.
Second Vice-President
— Publicity

SARNIA

In April 1981, a dinner meeting at the Canterbury Inn was held to honour Elsie Gallop and to present her with a "Life Membership" in our Association. Dr. Neill Pringle spoke on behalf of the Sarnia Dentists and a Christmas movie taken of an Assistant Christmas party around 1960, that featured Elsie, was shown. It proved to be a delightful evening with lots of humour from the past.

The last meeting of the Association before the Fall season was held on June 16, 1981, at the home of Adrienne McKee when a beach party barbecue was held.

The Executive for 1981-82 is:

President — Karen Nesbitt (McInnis)
Vice-President — Sue Bulgin
Secretary — Merial Haggarty
Treasurer — Jill McDonald

Programme Committee: Fran Fedora, Adrienne McKee.

The first Fall Meeting of 1981 was held at the home of Karen Nesbitt (McInnis) in Petrolia. Mrs. Desrochier gave a talk on the importance of skin care. It was announced that meetings will be held on the third Tuesday of each month.



In October 1981 the Sarnia Dental Nurses and Assistants Association helped Mrs. Robertina Carter of 19 Vimy Cres., celebrate her retirement at the Canterbury Inn. Mrs. Carter served 35 years with Dr. Earl Racher of Sarnia. With Mrs. Carter (middle) are Dr. Racher, left, and Karen Nesbitt (McInnis), president of the S.D.N.A.A.

MERIAL HAGGARTY
Secretary

SUDBURY

On behalf of the Executive of the O.D.N. & A.A., I welcome back the dental auxiliaries to a well planned year after a summer break.

September 1981 — The Sudbury Dental Nurses & Assistants Association held their "First Annual Auxiliary Convention" in conjunction with the N.O.D.A. It was a success! The dental auxiliaries had a bus tour of International Nickel and surrounding area. They also attended a Dinner and Races at Sudbury Downs. On the return trip the dental assistants saw the slag being poured at Inco. Thanks to all who made this Convention a success.

October 1981 — Our meeting was held at the President Motor Hotel on October 26. This meeting was a joint meeting planned by the hygiene association. An assistant and a hygienist from Public Health discussed their role on the "Public Dental Health Team".

November 1981 — The November meeting was held at the home of Christine Dow. Our guest speaker "Karen Halverson", a local florist made up beautiful arrangements for the holiday season. Many pointers on how to maintain flowers were given to us. Coffee and fruitcake were served.

December 1981 — No meeting was held due to Christmas Holidays. Merry Christmas!

DEBORAH S. SMITH-MARIER
Accreditation Representative

THUNDER BAY

September — There was a general meeting with an excellent turnout of over 20 assistants and dental assistant students.

October — Meeting was a successful dinner meeting at which Thunder Bay had the pleasure of being host to Christine Dow, President of the O.D.N. & A.A. Nothing stimulates an Affiliate more than a visit from the President herself. On behalf of the T.B.D.N. & A.A., Confederation College Dental Assistant Staff and Students, I would like to thank Christine for visiting our Affiliate.

November 10th — Mr. H. J. Akervall, Associate Professor at Lakehead University, was the guest speaker at our meeting. Along with an interesting discussion there was a slide presentation and a question and answer period. Henry's topic was "Sex Expectations". During a study, several groups of children were taken aside and told by an instructor that girls were superior, boys were superior or that boys and girls were equal. One group was told nothing, making them in control of their own thoughts. They were then tested for various athletic abilities. Surprisingly enough, the results of the tests related directly to the pre-testing "pep talk". This study proves that a child's expectations of himself depend upon what is expected of him, and the faith that is shown in his abilities. —

Christine Fairall, President Elect

December — Meeting was a Christmas Social with a potluck supper and gift exchange.

LORNA AKERVALL
President

TORONTO

The Toronto Dental Nurses & Assistants Association has commenced the 1981-82 year with two very successful meetings.

September — Our first dinner and lecture meeting was held at the Chelsea Inn in downtown Toronto. Our speaker from the Council on Drug Abuse, was Mr. Alec Gabe. Mr. Gabe spoke to us about some drugs used in the dental office and of possible interaction with other drugs or medications the dental patient may be taking. This was a very informative and interesting subject in view of society's changing attitudes and lifestyles.

October — Our dinner this evening was followed by three table clinic presentations. They were Mr. Dennis Black from Ash Temple, topic "Mercury Contamination", Mr. Doug Gibson from Amalgamated Dental, topic "Product Lines", i.e. mix-in Reprosil, and finally Mr. Brian Douglas, a representative from Lux & Zwingenberger, topic "Maintenance and Care of Dental Handpieces".

Everyone enjoyed this learning experience in a very relaxed atmosphere and hopefully it will encourage our Toronto members to present table clinics at the May Convention.

LORRAINE DUNSMUIR, P.D.A.
Board Representative

UPCOMING EVENTS

DURHAM & DISTRICT

Hi everyone from Durham and District. Well another year has passed and a new one has only just begun. So keep your New Years Resolution and participate in your local O.D.N. & A.A. affiliation. Durham and District Association is looking forward to a zesty and informative agenda for 1982 and it is as follows:

January 19, 1982

"Occupational Safety"

By: J. D. Beaton (from Ministry of Labour)

Place: Durham College

Time: 7:30 p.m.

February 16, 1982

"Emergency Measures in Dental Office"

Place: Durham College

Time: 7:30 p.m.

March 16, 1982

"Office Safety"

By: Durham Regional Police

Place: Genosha Hotel (King St. E., Oshawa)

Time: 7:30 p.m.

*Note: Dinner meeting (\$8.50 per person)

April 20, 1982

"Nutrition"

By: Nutritionist (from Durham Regional Health Unit)

Place: Durham College

Time: 7:30 p.m.

May 18, 1982

"Fitness and You"

By: Donna Davidson (from Y.W.C.A.)

Place: Durham College

Time: 7:30 p.m.

*Note: wear loose clothes

June 15, 1982

To be announced

In closing, I'd like to take this time to say that for a strong association we need strong support. Please join Durham and District Association of the O.D.N. & A.A. — WE NEED YOU!

LEISA INCH,
Board Representative

HALTON-PEEL

Wed. Jan. 20, 1982

Cherene Morrison and Barb Sutcliffe from the Toronto Public Health Department.

7:30 p.m. Erin Mills Information Centre

Wed. Feb. 17, 1982

Dr. Druck "Implant Dentistry"

7:30 p.m. Erin Mills Information Centre

Thurs. April 1, 1982

Joint dinner meeting at the Mississauga Golf and Country Club of the H-P. Dental Association the H-P. Dental Hygienists Association and the H-P. Dental Nurses and Assistant Association

Topic: "Practice Management 80's"

Cocktails — 6:00 p.m. Dinner — 7:00 p.m.

Fri. April 16, 1982 and Sat. April 17, 1982

Cardio-Pulmonary Resuscitation Course.
To be held at the Mississauga Golf and Country Club.
Two one day course.

Wed. April 21, 1982

Elections — Dinner Meeting
Special Guest — O.D.N. & A.A. President
Cocktails — 7:00 p.m. Dinner — 7:30 p.m.
Location to be announced

May 9 — May 12, 1982

Convention

Wed. June 16, 1982

Dinner meeting honouring Graduating students
Ramada Inn, 544 Dixie Road, Mississauga
Cocktails — 7:30 p.m. Dinner — 8:00 p.m.

Pre-Registration Fee of \$40 includes all meetings, dinner meetings, and reduced fees for seminars in conjunction with the Halton-Peel Dental Association, free use of the Temporary Placement Service.

Non Pre-Registered Fees — \$25 per Dinner Meeting
\$10 per meeting

The Halton-Peel Dental Temporary Placement Service has been successfully working for nine months now. We still need Dental Assistants and Hygienists who are willing to work on temporary basis in offices. If you are interested or know someone who would like to work temporarily, please call 822-8111.

LINDA MILLAR-PRATT
Board Representative

HAMILTON

January 19th will be the first new year meeting which our bosses will attend. The evening will be a wine and cheese clinic night sponsored by Ash Temple with table exhibits at the Hillcrest Restaurant.

Dr. Ross Barlow will do a Radiography Prevention and New Legislation lecture Feb. 16, 1982 after a dinner meeting at the Hillcrest Restaurant.

March 16, 1982 will see the Hamilton assistants meet at the Hillcrest for a dinner meeting at which Ms. Roxanne Moulder will lecture on MyoFunctional Therapy.

On April 20, 1982 elections will be held for the upcoming executive. This evening meeting will be open to student assistants as well as some special guests from the Ontario Association.

Our spring meeting will be held May 18, 1982. This evening there will be a fashion show sponsored by the Uniform Gallery of Hamilton.

Our annual charity car wash will again be held in the month of June. Date to follow.

LYNN ROBITAILLE, P.D.A.
Board Representative

LONDON**Jan. 14, 1982**

with L.D.D.S. "An Evening with Drs. Noah and Beryl Chernick"
8:00 p.m. Busby Room Victoria Hospital S.S.C.

Feb. 16, 1982

Dr. M. Halls — Plastic Surgery Dept., Victoria Hospital
7:30 p.m. Busby Room, (Facial Reconstruction - above the mouth.)

March 16, 1982

Wine and Cheese at National Refining
7:30 p.m.

April 20, 1982

Fashion Show and Dinner, Ramada Inn
— Rembrant Room
\$11.00 per person — register early.

May 1982

O.D.A. / O.D.N. & A.A. Spring Convention — Toronto

June 19, 1982

Family Picnic in Springbank — Saturday 3:00 p.m.
Games, Races, Prizes, & Fun, Fun, Fun.
Pot Luck — Bring a dish (salad) to pass.
We will supply the Hot Dogs.
Bring the whole family and lets have FUN.

MAGGIE WINTER
Board Representative

OTTAWA**Jan. 13, 1982**

Wed. 7:30 p.m.
Meeting will be held at Algonquin College Dental clinic Laboratory. We will have a guest speaker.
Topic — Implants.

Feb. 10, 1982

Wed. 6:30 p.m.
Dinner meeting at the Skyline Hotel, Queen St.
Guest Speaker — details later.

March 10, 1982

Wed. 7:30 p.m.
Meeting will be held at Algonquin College Dental Clinic Laboratory. There will be a table clinic presentation.

MAUREEN E. LOCHERER P.D.A.
Second Vice President — Publicity

SARNIA

It was decided that the work of the Lambton Health Unit in Lambton County Schools would be presented at a meeting in the near future.

Dental Health Week was discussed and a committee drawn up to help Anita Sabatini and Merial Haggarty of the Health Unit during this week with a project put on at the Lambton Mall from which proceeds would go towards helping needy children receive dental care.

A special event for October 23, 1982, which will be mentioned later, is being planned.

MERIAL HAGGARTY
Secretary

THUNDER BAY

FEBRUARY meeting will be joint with the Dental Hygiene Association. The guest speaker will be Dr. W. Mercer, Ortho. This will be a dinner meeting with a slide presentation from Dr. Mercer.

MARCH will be a wine and cheese with the possibility of a guest speaker.

APRIL is election month.

MAY is the Annual O.D.A. Convention

JUNE will be our annual wind-up B-B-que.

In addition we have planned a "Book and Bake Sale", a draw for a "Dinner for Two" and an auction of a Texas Mickey.

LORNA AKERVALL
President

TORONTO

January 27, 1982

Olive Fuller is our speaker with her topic of "Dentistry in India".

February 24, 1982

Dr. Wittmar is our speaker with a topic of "Dentistry for the Disabled"

March 31, 1982

Dr. Christian Mouton is speaking on "What is Sorbital and Xylitol?"

April 28, 1982

Elections

MAY 1982

Convention

June 1982

Events undecided.

ELLEN KNUDSEN
Accreditation Representative

WINDSOR

The following is the list of upcoming events for the Windsor Dental Nurses for 1981-82.

January 18, 1982

Dr. Oper, Paedodontist
"Do's & Don't's of the Paedo Assistant"
St. Clair College Lecture Room
Time: 7:00 p.m.

February 22, 1982

Wine & Cheese Sponsored by HEALTHCO
Speaker: Mr. Richard A. Yokel. M.D.T. Corp.
Equipment, Sterlization, Oiling Handpieces etc.
National Traveller Hotel, 675 Goyeau Street, Windsor
Time: 7:00 p.m.

March 1982

(Date to be determined)
Dental Academy Awards
Doctor & Assistant Dinner & Dance

April 19, 1982

Speaker: Mr. Stan Lovecky
IBM Word Processors & IBM Electronic Typewriters
251 Goyeau Street, Suite 400, Windsor
Time: 7:00 p.m.

May 1982

Elections
May Convention
Speaker to be determined

CARRIE HILLMAN

MAX HANNA LUCKY DRAW WINNERS

Congratulations to the winners of the Max Hanna Lucky Draw!

The last draw was made too late for publication in the October-December issue, therefore there are two winners to be announced this time.

The winner of the July-September issue was:

Miss Darlene Leiska,
500 Gordon Avenue,
LONDON, Ontario

Employer:

Dr. Thomas A. Reavell,
248 Wharncliffe Road S.,
LONDON, Ontario

Darlene is now the proud owner of a Phillips 12 cup automatic drip coffer maker and enjoying it very much.

The winner of the October-December issue 1981 was:

Mrs. Jill Brown,
50 Ruddington Drive,
WILLOWDALE, Ontario

Employer:

Dr. P. B. Haslam
7616 Yonge Street,
THORNHILL, Ontario

Jill received a beautiful GE Broiler Toaster Oven for the prize of the draw that issue, and a beautiful prize it is indeed!

Keep those entries coming in and next time the draw is made, you could be the winner! Our Lucky Draw gifts are donated by Mr. Max Hanna, D.T., who has offices located at:

Max Hanna Denture Therapist Clinics,
1301 1/2 Dundas Street East
LONDON, Ontario

and

536 Simcoe Street,
WATFORD, Ontario

We are thankful to Max for his unfailing enthusiasm in his efforts to help us promote more interest in our Journal. The prize for this issue of the Journal will be a toaster oven. Good Luck!

The Editor

The hostess was pressing her guests to provide entertainment.

"Is there any instrument you can play, Mr. Jones?"

"Not away from home," he replied.

"What do you play at home?" she inquired.

"Second fiddle," Jones muttered solemnly.

"Do you believe in life after death?" an employer asked his office boy.

"Oh yes, sir," was the ready reply.

"Ah, then everything is in order, because after you had gone to your grandfather's funeral yesterday, he came here to see you."

ONTARIO DENTAL NURSES & ASSISTANTS ASSOCIATION

BOARD OF DIRECTORS 1981-82

OFFICERS

PRESIDENT

Mrs. Christine Dow, C.D.A.
1262 Wedgewood Drive,
SUDBURY, Ont. P3A 3E2
(705) 566-0440

PAST PRESIDENT

*Mrs. Brenda Moffatt, C.D.A.,
65 Cardill Cres.,
WATERLOO, Ont. N2L 3Y7
(519) 886-7033

PRESIDENT-ELECT

*Mrs. Diane Pike, P.D.A.
30 Peden Blvd.,
BROCKVILLE, Ont. K6V 3K3
(613) 342-2170

VICE-PRESIDENT

*Mrs. Faye Ungar, P.D.A.
686 High Gate Park Drive,
KINGSTON, Ontario. K7M 5Z9
(613) 389-7701

SECRETARY

*Mrs. Joyce Robinson, C.D.A.
2 Guildwood Walk
LONDON, Ont. N6H 3X2
(519) 472-0169

TREASURER

*Miss Helen Crowe, C.D.A.
6 Victor St., Upper Apt.
LONDON, Ont. N6C 1B7
(519) 432-8921

CHAIRMAN OF THE BOARD

Mrs. Patricia Miller, C.D.A.
202 - 155 Gardenwood Drive,
LONDON, Ont. N6J 4C4
(519) 472-0108

CONVENTION CHAIRMAN 1982

Mrs. Diane Pike, C.D.A.
(See President-Elect)

CONVENTION MANAGER

(See Chairman of the Board)

WINTER CLINIC MANAGER

*Miss Nancy Block, C.D.A.
2406 - 70 Park St. E.,
MISSISSAUGA, Ont. L5G 1M5

EMPLOYER

*Cambrian College, Dental Clinic,
1400 Barrydowne Road,
SUDBURY, Ont. P3A 3V8
(705) 566-8101, Ext. 366

Dr. R. Beyers,
347 Lancaster St. W.,
KITCHENER, Ont. N2H 4V4
(519) 578-9670

Dr. John M. Arnott
6 Victoria Avenue,
BROCKVILLE, Ont.
(613) 342-0714

Dr. G. R. Bowes,
122 Sydenham Street, Ste. 3A
KINGSTON, Ontario. K7L 3H5
(613) 544-6632

Victoria Hospital Dental Dept.,
P.O. Box 5375,
LONDON, Ont. N6A 4G5
(519) 432-5241 Ext. 4278

Dr. R. A. Begg,
5 - 460 Berkshire Dr.,
LONDON, Ont. N6J 3S1
(519) 471-5640

*Dr. J. A. Guest,
287 Queens Avenue,
LONDON, Ont. N6B 1X2
(519) 432-6104

*Dr. R. T. Lang,
2183 Davebrook Road,
MISSISSAUGA, Ont. L5J 3M4
(416) 822-3142 or (416) 231-9168

*Dr. D. A. Messersmith,
21 Weber St. West,
KITCHENER, Ont. N2H 3Y9
(519) 742-0284

ACCREDITATION DIVISION, CHAIRMAN

Miss Margaret Deichert, C.D.A.
402 - 250 Frederick St.,
KITCHENER, Ont. N2H 2N1
(519) 576-7761

ACCREDITATION DIVISION, VICE-CHAIRMAN

Mrs. Patricia A. Miller, C.D.A.
(See Convention Manager)

JOURNAL EDITOR

*Mrs. Heather A. Nikolaew,
113 Cathcart Street,
LONDON, Ont. N6C 3M2
(519) 679-8208

EXECUTIVE DIRECTOR, ARCHIVIST, PINS & CRESTS

*To be announced,
O.D.N. & A.A. Headquarters,
406 - 345 Dixon Road,
WESTON, Ont. M9R 1S6
(416) 245-6129 (9:00 a.m.-4.00 p.m.)

REPRESENTATIVES TO THE BOARD

BAY OF QUINTE

*Mrs. Susanne Moorcroft, P.D.A.
262 West College Street,
BELLEVILLE, Ont. K8P 2H6
(613) 962-5013

BRANT DISTRICT

*Mrs. Edith Stone,
Box 713, 8 Fairview Dr.
WATERFORD, Ont.
(519) 443-7905

DURHAM & DISTRICT

*Miss Leisa Inch,
R.R. #3,
PORT HOPE, Ont. L1A 3V7

HALTON-PEEL

*Mrs. Linda Millar-Pratt, P.D.A.
10 Kensington Rd., #1607,
BRAMALEA, Ont. L6T 3V4
(416) 792-2634

HAMILTON

*Miss Lynn Robitaille, P.D.A.
2050 Upper Middle Road, #145,
BURLINGTON, Ont. L7S 3R9
(416) 335-4133

KAWARTHA & DISTRICT

*Mrs. Bonnie Darling, C.D.A.
123 Sanderling Cres.
LINDSAY, Ont. K9V 4N5
(705) 324-2498

KINGSTON

*Mrs. JoCarol Watson, P.D.A.
969 Mayfair Crescent
KINGSTON, Ont.
(613) 389-6005

LONDON

*Ms. Maggie Winter,
711-21 King St.,
LONDON, Ont. N6A 5H3
(519) 432-8839

NIAGARA DISTRICT

*Mrs. Lynne Cecchin, C.D.A.
27 Haight St.,
ST. CATHARINES, Ont. L2P 2M2
(416) 685-5063

NORTH BAY

Mrs. Diane Van Eslander, C.D.A.
1620 Copeland St.,
NORTH BAY, Ont. P1B 3G6
(705) 472-4697

OTTAWA

*Mrs. Ute Baldwin, P.D.A.
77 Viewmount Dr.,
NEPEAN, Ont. K2G 3B9
(613) 225-1890

SARNIA

*Ms. Karen Nesbitt, P.D.A.
4008 Cardinal Cr., P.O. Box 5034,
PETROLIA, Ont. N0N 1R0
(519) 882-2903

SIMCOE COUNTY

*Mrs. Beverley Donnelly,
44 Barrett Cres.,
BARRIE, Ont. L4N 5C8
(705) 726-1647

EMPLOYER

Dr. G. Hipkin,
220 Dundas Street East,
BELLEVILLE, Ont. K8N 1E3
(613) 962-1370

Dr. E. Yaremchuk
133 Grandriver St. N.
PARIS, Ont. N3L 2M4
(519) 442-4323

Dr. J. A. Balenko
222 King St. E., Suite 109,
BOWMANVILLE, Ont. L1C 1P6
(416) 623-7412

Dr. M. F. Perlmutter,
40 Peel Centre Drive, #114,
BRAMALEA, Ont.
(416) 791-4000

Dr. M. Pharoah,
460 Brant Street,
BURLINGTON, Ont. L7R 4B6
(416) 632-3822

Dr. W. J. Percival
22 William St. S.,
LINDSAY, Ont. K9V 3A4
(705) 324-9912

Dr. D. J. McPhee,
Dental Clinic,
KINGSTON, Ont.
(613) 546-4933

Victoria Hospital Dental Dept.,
375 South Street,
LONDON, Ont. N6A 4G5
(519) 432-5241 Ext. 4278

Dr. F. C. Hebert,
101 Kent St.,
PT. COLBORNE, Ont. L3K 2Z6
(416) 834-4244

North Bay Dist. Health Unit,
200 McIntyre St. E., 5th Floor
NORTH BAY, Ont. P1B 8H2
(705) 474-1400

Dr. R. R. Jones,
423 - 2249 Carling Avenue,
OTTAWA, Ont. K2B 7E9
(613) 820-2700 or (613) 820-3358

Dr. J. Bacchus,
350 Christina St. N.,
SARNIA, Ont. N7T 5V7
(519) 337-5111

Dr. Kevin Cool,
331 Bayfield St., Ste. 202,
BARRIE, Ont.
(705) 737-4323

SUDBURY

*Mrs. Susan Andrews
712 Hwy. 69 North,
HANMER, Ont. P0M 1Y0
(705) 969-8040

THUNDER BAY (1979-80)

*Mrs. Lorna Akervall,
145 Cottonwood Crescent,
THUNDER BAY, Ont. P7A 3L8
(807) 345-1955

TORONTO

*Mrs. Lorraine Dunsmuir, P.D.A.
204A Seaton St.,
TORONTO, Ont. M5A 2T4
(416) 960-4642

WATERLOO-WELLINGTON

*Ms. Debbie Dentinger, C.D.A.
190 Brandon Ave., #3,
KITCHENER, Ont. N2M 2J6
(519) 578-6148

WINDSOR

*Miss Lynn Morris,
1217 Harrison Ave.,
WINDSOR, Ont. N9C 3J4
(519) 256-9502

Dr. J. T. G. Polack,
124 Cedar St., Suite 209,
SUDBURY, Ont.
(705) 673-7922

Dr. D. G. Ballantyne,
201 - 59 North Court Street,
THUNDER BAY, Ont. P7A 4T6
(807) 345-1751

Dr. R. E. Breen,
1436 Royal York Rd., #311,
WESTON, Ont. M9P 3A9
(416) 249-7787

Dr. Douglas E. Lang,
12B Rock St.,
KITCHENER, Ont. N2M 2P1
(519) 742-9511

Dr. Earl Kennedy,
1193 Southfield Ave.,
WINDSOR, Ont. N9C 3J4
(519) 258-6101

ACCREDITATION DIVISION

BOARD OF GOVERNORS

CHAIRMAN 1981-1982

Miss Margaret L. Deichert, C.D.A.
402 - 250 Frederick St.,
KITCHENER, Ont. N2H 2N1
(519) 576-7761

VICE-CHAIRMAN

Mrs. Patricia A. Miller, C.D.A.
202 - 155 Gardenwood Drive,
LONDON, Ont. N6J 4C4
(519) 472-0108

O.D.N. & A.A. PRESIDENT

Mrs. Christine Dow, C.D.A.
1262 Wedgewood Drive,
SUDBURY, Ont. P3A 3E2
(705) 566-0440

O.D.N. & A.A. PRESIDENT-ELECT

*Mrs. Diane Pike, P.D.A.
30 Peden Blvd.,
BROCKVILLE, Ont. K6V 3K3
(613) 342-2170

SECRETARY

*Mrs. Judy McIntyre, C.D.A.
86 Ottawa St. S.,
HAMILTON, Ont. L8K 2E3
(416) 547-9247

TREASURER

*Ms. Beth Kennedy, C.D.A.
201-205 Frederick St.,
KITCHENER, Ont. N2H 2N1
(519) 884-9643

REPRESENTATIVES TO THE BOARD

BAY OF QUINTE

*Mrs. Freda Way, C.D.A.
32 Ritchie Avenue,
BELLEVILLE, Ont. K8P 3V9
(613) 962-6145

BRANT DISTRICT

*Miss Maria Saroka, C.D.A.
97 Park Avenue,
BRANTFORD, Ont. N3S 5H4
(519) 753-9547

DURHAM & DISTRICT

*Mrs. Laurie Beaton, P.D.A.
371 Humewood Avenue,
OSHAWA, Ont. L1G 2T6
(416) 723-9048

EMPLOYER

*Dr. D. A. Messersmith,
21 Weber St. West,
KITCHENER, Ont. N2H 3Y9
(519) 742-0284

*Dr. J. A. Guest,
287 Queens Avenue,
LONDON, Ont. N6B 1X2
(519) 432-6104

*Cambrian College Dental Clinic,
1400 Barrydowne Road,
SUDBURY, Ont. P3A 3V8
(705) 566-8101, Ext. 366

*Dr. John M. Arnott
6 Victoria Avenue,
BROCKVILLE, Ont.
(613) 342-0714

Dr. R. G. Smith,
1451 Main St. East,
HAMILTON, Ont. L8K 1C4
(416) 544-2421

Dr. W.C. Slinger
10 Waterloo Street,
NEW HAMBURG, Ont. N0B 2G0
(519) 662-3510

Dr. Gregory Tucker,
262 Dundas St. E.,
BELLEVILLE, Ont.
(613) 966-9551

Dr. Lee Deimling,
446 Grey St.,
BRANTFORD, Ont. N3S 4X8
(519) 753-7342

Dr. G. Lysyk,
258 King St. E.,
OSHAWA, Ont. L1H 2T6
(416) 576-5811

HALTON-PEEL

Miss Beverley Jacobs, C.D.A.
907 - 1415 Ghent Avenue,
BURLINGTON, Ont. L7S 1X4
(416) 634-3129

HAMILTON

(See Secretary)

KAWARTHA & DISTRICT

*Mrs. Bonnie Darling, C.D.A.
123 Sanderling Crescent,
LINDSAY, Ont. K9V 4N5
(705) 324-2498

KINGSTON

*Mrs. Faye Ungar, P.D.A.
686 High Gate Park Dr.,
KINGSTON, Ont. K7M 5Z9
(613) 389-7701

LONDON

*Joyce Robinson, C.D.A.
2 Guildwood Walk,
LONDON, Ont. N6H 3X2
(519) 472-0169

NIAGARA DISTRICT

*Mrs. Anne Montgomery, C.D.A.
85 First St., #306,
WELLAND, Ont.
(416) 732-7045

NORTH BAY

*Mrs. Bev Legris, P.D.A.
524 Cartier St.,
NORTH BAY, Ont. P1B 8N5

OTTAWA

Miss Susan Doggett, C.D.A.
475 Golden Ave.,
OTTAWA, Ont. K2A 2E4
(613) 226-4804

SARNIA

Mrs. Elsie Gallop, C.D.A.
60 - 1029 Salisbury St.,
SARNIA, Ont. N7S 4N8
(519) 542-4251

SIMCOE COUNTY

*Mrs. Beverley Donnelly,
44 Barrett Crescent,
BARRIE, Ont. L4N 5C8
(705) 726-1647

SUDBURY

Mrs. Deborah S.
Smith-Marier, C.D.A.
2217 Madison Avenue,
SUDBURY, Ont. P3A 2P7
(705) 566-4547

THUNDER BAY

*Mrs. Esther Reith, C.D.A.
335 Silledale Crescent,
THUNDER BAY, Ont. P7C 1S7
(807) 577-1297

TORONTO

*Miss Ellen M. Knudsen, P.D.A.
704 - 28 Riverwood Parkway,
TORONTO, Ont. M8Y 4E3
(416) 239-4034

WATERLOO-WELLINGTON

(See Treasurer)

WINDSOR

*Miss Lynn Morris, C.D.A.
1217 Harrison Ave.,
WINDSOR, Ont. N9C 3J4
(519) 256-9502

*Lorne Park Secondary School,
1324 Lorne Park Road,
MISSISSAUGA, Ont. L5H 3B1
(416) 278-6177

Dr. W. J. Percival,
22 William Street S.,
LINDSAY, Ont. K9V 3A4
(705) 324-9912

Dr. G. R. Bowes,
122 Sydenham St.,
KINGSTON, Ont. K7L 3H5
(613) 544-6632

Victoria Hospital Dental Dept.
375 South Street,
LONDON, Ont. N6A 4G5
(519) 432-5241 Ext. 4278

Dr. Larry Kolupanowica,
429 Thorold Road,
WELLAND, Ont.
(416) 735-5155

Dr. R.C. Weegar,
539 Cassells St.
NORTH BAY, Ont.

*Dr. T. M. Clarke,
133 Holland Avenue,
OTTAWA, Ont. K1Y 0Y2
(613) 728-9196

*Dr. M. Pearlman,
194 George St.,
SARNIA, Ont. N7T 4N7
(519) 344-2721

Dr. Kevin Cool,
331 Bayfield St., Ste. 202,
BARRIE, Ont.
(705) 737-4323

*TriDont Dental Centre,
Elm Street,
SUDBURY, Ont.

Dental Clinic,
Confederation College,
P.O. Box 396,
THUNDER BAY, Ont. P7C 4W1
(807) 344-5791 Ext. 55

Dr. L. Sirota,
2936 Dundas St. W.,
TORONTO, Ont. M6P 1Y8
(416) 763-2569

Dr. Earl Kennedy,
1193 Southfield,
WINDSOR, Ont. N9C 3J4
(519) 258-6101

*Indicates preferred mailing address.



The Principle of Ethics of the Ontario Dental Nurses and Assistants Association

The conduct of every member of the Association shall be governed by the Association's Principles of Ethics. Members of the Association shall maintain honesty in all matters, comply with the ethics of the dental profession and adhere to professional ethics required by employers.

Every member of the Association shall have an obligation to hold in strict confidence the details of professional services rendered by an employer and the confidences of any patient of such employer. Members of the Association are expected to constantly develop their skills and abilities by seeking additional education in the dental assisting field, especially through services provided by the Association. Members are expected to actively participate in the efforts of the Association and the various affiliated associations in order to improve the educational status of the dental assistant. Members of the Association shall not perform services for patients who require the professional competence of a dentist, or which are prohibited by the Health Disciplines Act, 1974, parts I and II and the regulations thereunder or by the Royal College of Dental Surgeons of Ontario. Members of the Association, who are dental assistants and who hold certificates issued or renewed for the current year by the Accreditation Division of the Association, may use the title "Certified Dental Assistant" or "Accredited Preventive Dental Assistant" in connection with their employment or otherwise.

